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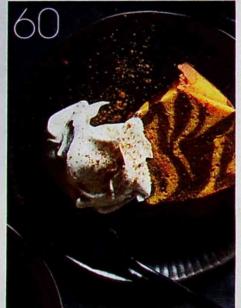
Assorted Outdoor Toss Pillows, \$4.97 each

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It doesn't matter if you call it vardwork or gardening; by the time autumn rolls around. most of us are ready to be done with mowing. planting, trimming, and weeding, Granted. there are still end-of-season tasks, but enjoyment of the garden seems to wane after Labor Day as plants start to look a bit tired. But it doesn't have to be that way.

One of my major influences as a young gardener was the 1990 book The Garden in Autumn by Allen Lacy. Previously, I had thought of fall as a grand horticultural exhale, as if the garden were collapsing, exhausted, on the couch (but maybe that was the gardener projecting). Thinking of Lacy's thesis that fall gardening is a goal all its own, I planned my new garden this past spring with a big finish in mind.

As I write this in August, I can see the tiny silver buds on the small shrubby bluebeard (Caryopteris) that will be electric blue come late September. Near the front driveway, several hardy chrysanthemums (I love the Korean and Sheffield varieties for their wildness and soft colors) are nothing to notice now but will be blooming by the time

the Halloween decorations are going up around town. I cut back other plants in midsummer hoping for a fall repeat bloom: my lavenders, overgrown alyssum, and trailing petunias. We'll see if that works. Then there is the mighty sedum clan (see page 56), plus all the trees and shrubs with dynamic leaf color as they decline—but there's not enough room to list them here.

People often attach a sense of hope to spring, but I also feel that way about planting something early you know will offer a star turn of color just as other characters in your little garden play are heading off to bed in fall. As someone who doesn't love the blank slate of winter (I love growing plants too much), the idea that there is one last hurrah excites me. It's one of the things I like best about gardening-a large portion of it exists in the fantasyland of planning and planting with hope for the future. And if it doesn't work out the way you thought it might, you shrug, cluck your tongue at Mother Nature, and hope to do better next year.

More favorite late-season flowers and herries

ASTERS (especially Aster × frikartii 'Monch' and Tataricus aster)

BEAUTYBERRY BOLTONIA COMMON WITCH HAZEL DAHLIA GOLDENROD HEATHER LEADWORT MONKSHOOD OAK-LEAF HYDRANGEA PINEAPPLE SAGE

(the large ones like 'Indigo Spires' or S. quaranitica) TITHONIA TOAD LILY VIBURNUM

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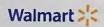
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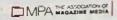
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The only thing scarier than a jeering jack-o'-lantern is one that's sunken in before the big night. We have all the tips on how to keep your carved pumpkins looking fresh longer.

BHG.com/LastingPumpkins



PUMPKIN

Our autumn take on tiramisu trades in coffee and rum for pumpkin puree and bourbon. Ladyfingers drizzled in maple syrup make it extra indulgent.



Hover your smartphone camera over this code to cook along with our video.



A Pet-Safe Halloween

Trick-or-freating might be fun for the kids, but all the lights and noise can quickly get overwhelming for the fur babies. Browse our guide for creating a safe, calming environment for pets amid the festivities.

BHG.com/HalloweenPet



[SWEEPSTAKES]

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to put toward your renovation goals and make your dream home a reality. Spruce up the living room, remodel the kitchen, or take care of those maintenance needs. Enter at BHG.com/Home25k for a chance to win.

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PROJECT JOY WITCHY WELCOME A strategically placed pair of legs can do the work of an entire yard full of decorations-provided they're wickedly attired. Brandon Hensley Oz-ified his family's Alexandria, VA, home with a pair Once Halloween of mannequin legs is over and dressed in striped the legs come stockings and old heels down, a base of mixed covered with craft pumpkins and paint and red glitter, gourds extends There's no spookier the display place than home. through fall.

GETALEG UP DIY wizard or not, you can create a pair of bewitching legs. Instead of using mannequin legs, sub in pool noodles and insert dowel rods through the middle to make them stand straight. Then just slip on a pair of stockings and secure the heels with fishing line. These ghoulish gams will be lightweight enough to poke out of hedges, rooftops, or any other place a wayward broom might crash. See our how-to and get more ideas for decorating with witches by hovering your smartphone camera over the code, right.



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a trip to the ORCHARD

For many of us, the season isn't complete without a day at the apple orchard. Follow our lead to pick, process, and enjoy the freshest haul of the fall.

apple varieties

All apples are worthy of our seasonal adoration, but the flavors and textures of various types make them best suited for particular uses.

FOR SNACKING

Known for their crisp texture and Juiciness: Fujl, Braeburn, Jazz, Honeycrisp, Cameo, Cosmic Crisp

FOR BAKING

Firm, tart varieties keep their texture and flavor: Granny Smith, Rome, Jonathan, Northern Spy, Winesap

FOR MAKING APPLESAUCE

Sweet flavors, soft textures: Gala, McIntosh, Golden Delicious, Red Delicious, Lodi

FOR STOCKPILING

Thick skins and firm flesh: York, Northern Spy, Fujl, Braeburn, Winesap, Cortland, Granny Smith



APPLE

1/2

BUSHEL

= 24 pounds (approximately 60 apples)



PECK

= 1/2 bushel = 12 pounds (30ish apples)



POUND

approximately
 cups cored,
 sliced apples

* STORAGE Apples like cooler temps: Store them between 32°F and 40°F (in your fridge or an unfinished basement) 1 to 2 months. Wrap apples loosely in paper or plastic (not resealable bags) for air circulation.



tips for picks

- Many orchards have calendars to keep you posted on the varieties they grow and what's hot for the taking any given week.
- Apples ripen from the outer branches on the tree toward the trunk.
- The best pickers know: To pluck an apple, grip it delicately with your whole hand and twist the apple upward to pull it off the branch. Place the apple gently into your container instead of just dropping it to prevent bruising.
- apples with bruises, blemishes, or outward signs of decay. Avoid apples on the ground.

GET AHEAD OF ECZEMA AND SHOW MORE SKIN

DUPIXENT is a breakthrough eczema treatment that targets a key source of inflammation that can lead to uncontrolled moderate-to-severe eczema (atopic dermatitis).

Approved for ages 6 years and up.

DUPIXENT may help provide:

- ► Clearer skin
- Noticeably less itch

DUPIXENT is:

- Not an immunosuppressant
- Not a cream or steroid

JOLIE. REAL PATIENT Individual results may vary.

> DUPIXENT (dupilumab) Injection

200mg · 300mg

- TALK TO YOUR ECZEMA SPECIALIST AND VISIT DUPIXENT.COM OR CALL 1-844-DUPIXENT (1-844-387-4936) -

INDICATION

DUPIXENT is a prescription medicine used to treat people aged 6 years and older with moderate-to-severe atopic dermatitis (eczema) that is not well controlled with prescription. Especially tell your healthcare provider if you advice about side effects. You are encouraged therapies used on the skin (topical), or who are taking oral, topical or inhaled corticosteroid to report negative side effects of prescription cannot use topical therapies. DUPIXENT can medicines or if you have atopic dermatitis and drugs to the FDA. Visit www.fda.gov/medwatch, be used with or without topical corticosteroids asthma and use an asthma medicine. Do not or call 1-800-FDA-1088. It is not known if DUPIXENT is safe and change or stop your corticosteroid medicine or effective in children with atopic dermatitis under other asthma medicine without talking to your 6 years of age.

IMPORTANT SAFETY INFORMATION

Do not use if you are allergic to dupilumab or to any of the ingredients in DUPIXENTE.

Before using DUPIXENT, tell your healthcare provider about all your medical conditions, including if you: have eye problems; have a parasitic (helminth) infection; are scheduled to receive any vaccinations. You should not receive a "live vaccine" if you are treated with DUPIXENT; are pregnant or plan to become pregnant. It is not known whether DUPIXENT will harm your unborn baby. There is a pregnancy exposure registry for women who take DUPIXENT during pregnancy to collect information about the health of you and your baby. Your healthcare provider can enroll you or you may enroll yourself. To get more information about the registry call 1-877-311-8972 or go to https://mothertobaby.org/ongoing-study/ Your breast milk

medicines you take, including prescription side effect that bothers you or that does not go and over-the-counter medicines, vitamins and away. These are not all the possible side effects herbal supplements.

healthcare provider. This may cause other symptoms that were controlled by the corticosteroid medicine or other asthma medicine to come back.

DUPIXENT can cause serious side effects, including:

a severe reaction known as anaphylaxis. Stop using DUPIXENT and tell your healthcare provider or get emergency help right away if you get any of the following symptoms: breathing problems, 12 years of age and older, it is recommended fever, general ill feeling, swollen lymph nodes, that DUPIXENT be administered by or under swelling of the face, mouth and tongue, hives, itching, fainting, dizziness, feeling lightheaded (low blood pressure), joint pain, or skin rash.

Eye problems. Tell your healthcare provider if you have any new or worsening eye problems. Please see Brief Summary on next page. including eye pain or changes in vision.

The most common side effects in patients with atopic dermatitis include injection site @ 2021 Sanofi and Regeneron dupixent/; are breastfeeding or plan to breastfeed. reactions, eye and eyelid inflammation, including Pharmaceuticals, Inc. All Rights Reserved. It is not known whether DUPIXENT passes into redness, swelling, and itching, and cold sores in your mouth or on your lips.

Tell your healthcare provider about all the Tell your healthcare provider if you have any of DUPIXENT. Call your doctor for medical

Use DUPIXENT exactly as prescribed. Your healthcare provider will tell you how much DUPIXENT to inject and how often to inject it. DUPIXENT is an injection given under the skin (subcutaneous injection). If your healthcare provider decides that you or a caregiver can give DUPIXENT injections, you or your caregiver Allergic reactions (hypersensitivity), including should receive training on the right way to prepare and inject DUPIXENT. Do not try to inject DUPIXENT until you have been shown the right way by your healthcare provider. In children supervision of an adult. In children younger than 12 years of age, DUPIXENT should be given by a caregiver.

SANOFI GENZYME REGENERON

DUP.21.03.0174

YOU MAY BE ELIGIBLE FOR AS LITTLE AS A \$0 COPAY: CALL 1-844-DUPIXENT (1-844-387-4936)

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Brief Summary of Important Patient Information about DUPIXENT® (dupilumab) Rx Only (DU-pix'-ent) injection, for subcutaneous use

What is DUPIXENT?

- . DUPIXENT is a prescription medicine used:
 - to treat people aged 6 years and older with moderate-to-severe atopic dermatitis (eczema) that is not well controlled with prescription therapies used on the skin (topical), or who cannot use topical therapies. DUPIXENT can be used with or without topical corticosteroids.
- DUPIXENT works by blocking two proteins that contribute to a type of inflammation that plays a major role in atopic dermatitis.
- It is not known if DUPIXENT is safe and effective in children with atopic dermatitis under 6 years of age.

Who should not use DUPIXENT?

Do not use DUPIXENT if you are allergic to dupilumab or to any of the ingredients in DUPIXENT. See the end of this summary of information for a complete list of ingredients in DUPIXENT.

What should I tell my healthcare provider before using DUPIXENT? Before using DUPIXENT, tell your healthcare provider about all your medical conditions, including if you:

- · have eye problems
- · have a parasitic (helminth) infection
- are scheduled to receive any vaccinations. You should not receive a "live vaccine"
 if you are treated with DUPIXENT.
- are pregnant or plan to become pregnant. It is not known whether DUPIXENT will harm your unborn baby.
 - Pregnancy Exposure Registry. There is a pregnancy exposure registry for women who take DUPIXENT during pregnancy. The purpose of this registry is to collect information about the health of you and your baby. Your healthcare provider can enroll you in this registry. You may also enroll yourself or get more information about the registry by calling 1 877 311-8972 or going to https://mothertobaby.org/ongoing-study/dupixent/.
- are breastleeding or plan to breastleed. It is not known whether DUPIXENT passes into your breast milk.

Tell your healthcare provider about all of the medicines you take including prescription and over-the-counter medicines, vitamins, and herbal supplements

Especially tell your healthcare provider if you:

- are taking oral, topical, or inhaled corticosteroid medicines
- · have atopic dermatitis and asthma and use an asthma medicine

Do not change or stop your corticosteroid medicine or other asthma medicine without talking to your healthcare provider. This may cause other symptoms that were controlled by the corticosteroid medicine or other asthma medicine to come back.

How should I use DUPIXENT?

- See the detailed "instructions for Use" that comes with DUPIXENT for information on how to prepare and inject DUPIXENT and how to properly store and throw away (dispose of) used DUPIXENT pre-filled syringes and pre-filled pens.
- · Use DUPIXENT exactly as prescribed by your healthcare provider.
- Your healthcare provider will tell you how much DUPIXENT to inject and how often to inject it.
- DUPIXENT comes as a single-dose pre-filled syringe with needle shield or as a pre-filled pen.
- . DUPIXENT is given as an injection under the skin (subcutaneous injection).
- If your healthcare provider decides that you or a caregiver can give the injections of DUPIXENT, you or your caregiver should receive training on the right way to prepare and inject DUPIXENT. Do not try to inject DUPIXENT until you have been shown the right way by your healthcare provider. In children 12 years of age and older, it is recommended that DUPIXENT be administered by or under supervision of an adult. In children younger than 12 years of age, DUPIXENT should be given by a caregiver.

- If your dose schedule is every other week and you miss a dose of DUPIXENT: Give the DUPIXENT injection within 7 days from the missed dose, then continue with your original schedule. If the missed dose is not given within 7 days, wait until the next scheduled dose to give your DUPIXENT injection.
- If your dose schedule is every 4 weeks and you miss a dose of DUPIXENT: Give the DUPIXENT injection within 7 days from the missed dose, then continue with your original schedule. If the missed dose is not given within 7 days, start a new every 4 week dose schedule from the time you remember to take your DUPIXENT injection.
- If you Inject more DUPIXENT than prescribed, call your healthcare provider right away.
- Your healthcare provider may prescribe other medicines to use with DUPIXENT.
 Use the other prescribed medicines exactly as your healthcare provider tells you to.

What are the possible side effects of DUPIXENT? DUPIXENT can cause serious side effects, including:

- Allergic reactions (hypersensitivity), Including a severe reaction known
 as anaphylaxis. Stop using DUPIXENT and tell your healthcare provider or get
 emergency help right away if you get any of the following symptoms: breathing
 problems, fever, general ill feeling, swollen lymph nodes, swelling of the face,
 mouth and tongue, hives, itching, fainting, dizziness, feeling lightheaded (low
 blood pressure), joint pain, or skin rash.
- Eye problems. Tell your healthcare provider if you have any new or worsening eye problems, including eye pain or changes in vision.

The most common side effects of DUPIXENT in patients with atopic dermatitis include: injection site reactions, eye and eyelid inflammation, including redness, swelling and itching, and cold sores in your mouth or on your lips. The following additional side effects have been reported with DUPIXENT: facial rash or redness.

Tell your healthcare provider if you have any side effect that bothers you or that does not go away.

These are not all of the possible side effects of DUPIXENT. Call your doctor for medical advice about side effects. You may report side effects to FDA. Visit yww.fda.gov/medwatch, or call 1-800-FDA-1088.

General information about the safe and effective use of DUPIXENT.

Medicines are sometimes prescribed for purposes other than those listed in a Patient Information leaflet. Do not use DUPIXENT for a condition for which it was not prescribed. Do not give DUPIXENT to other people, even if they have the same symptoms that you have. It may harm them.

This is a brief summary of the most important information about DUPIXENT for this use. If you would like more information, talk with your healthcare provider. You can ask your pharmacist or healthcare provider for more information about DUPIXENT that is written for healthcare professionals.

For more information about DUPIXENT, go to www.DUPIXENT.com or call 1-844-DUPIXENT (1-844-387-4936)

What are the ingredients in DUPIXENT?

Active ingredient: dupilumab

Inactive ingredients: L-arginine hydrochloride, L-histidine, polysorbate 80, sodium acetate, sucrose, and water for injection

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OR 3 TO 4 QUARTS APPLE BUTTER

bread This swirled quick bread has all the makings of an applecinnamon pastry with a fraction of the work. Chopped apples-we suggest a tart varietal, such as Granny Smith—stud the tender crumb, and a drizzle of sour cream icing finishes the craggy top. (We'll be impressed if you can wait for it to cool before digging in.) > For more apple recipes (Including our Apple Fritter Bread), use your smartphone to scan the code, right.



apple cider ideas

If you're tapped out on sipping straight cider from the orchard, try these apple cider fix-ups to finish off the gallon.

CIDER SYRUP

Bring 4 cups apple cider to boiling in a 6-at, pot; reduce heat to medium Boil gently, uncovered, stirring occasionally, about 35 minutes or until thick, syrupy, and reduced to about 1/2 cup. (Mixture will thicken as it cools.) Serve over ice cream, apple crisp, or waffles, or use as a fruit dip.



HONEYED HOT CIDER SAUVIGNON

Using kitchen string and a doublethick square of 100%-cotton cheesecloth, tie two 4 whole cloves and 4 whole allspice into a spice sachet. In a 4-qt. Dutch oven bring

4 cups apple cider, 1/4 cup lemon juice, 1/2 cup honey, one 750-ml bottle of Sauvignon Blanc or other dry white, and the sachet to a simmer (do not boil). Reduce heat 3-inch cinnamon slicks and simmer, uncovered, 20 minutes. Remove sachet. If you like, add a brandy splash to each serving. Serves 10. .



in CHECK

Immediately recognizable for its repeating black and white squares, the checkerboard pattern continues to make a timeless graphic statement. But our favorite picks take it one step further: Skewed lines, vibrant color combinations, and shaggy textures revitalize the already bold pattern. Adding one checkered piece will instantly energize your surroundings.

TRAD WITH A TWIST The yellow and navy floor punches up this white kitchen

by design firm Nickey Kehoe.

> Checkerboard Throw Pillow (18"x18"), \$49 each; urbanoutfitters.com

> > Checker Coaster in Tan/White, set of 4, \$35; abcreteandco.com

Food-safe and reusable as a mug or planter. Checkmate Candle, \$45; lockwoodshop.com

Moroccan Berber Checkered Pouf Ottoman in Orange and White, \$159; berberstuff :





Grunge Imperfect Checkerboard Serving Tray, \$45; society6.com

Classic Slip-On in Rose Dawn/ True White, \$55; vans.com



Checked Pattern Bone Inlay Frame, \$17; handicraftshome.com

depth. Their low chair rail height

keeps them from

overwhelming.



· Patriot

warm oil-rubbed bronze finish



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spa day

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AND NAILS LIKE A PRO.

Smooth, shiny hair for under 10 bucks? Sign us up! Pantene Miracle Rescue Deep Conditioning Treatment, \$9.

ESSENTIALS.

Aveda Botanical Repair Strengthening Leave-In Treatment, \$37, repairs and protects damaged hair with plant-based conditioners. Grays need extra TLC, especially if you dye them. Hair Biology Color Sealing Mask, \$10, provides hydration and color protection.

SpaRitual Slow Beauty Cutl-Cocktall, \$20, nourishes brittle nails and dry cuticles with sunflower oil.

5 Zoya Naked Manlcure Rescue and Repair Kit, \$45, helps your nails shine, with or without polish.

Testers said these Jewel-tone shades look like a salon mani and last just as long. Essle Gel Couture Brilliant Brocades collection, \$12 each.

Sally Hansen
Hydrating Foot
Mask, \$4, swaddles
dry feet in macadamia
oil and shea butter.

A mini facial in a tube, Ole Henriksen Lemonade Smoothing Scrub, \$32, combines gentle physical and chemical exfoliants for glowing skin. Bonus: It smells like fresh lemons.



NIEW RAPID FIRMING

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clow your own WAY. Combine gentle cleansing with mild exfoliation in one step. Get brighter tone and smoother texture with a five-minute facial peel. Or swipe on a taner that unclogs pares without stripping your skin.

OUR PICES Caraphil Healthy Radiance Cleanser, \$12 * No7 Resurfacing Peel 15% Gaycolic Acid, \$40 * Biossance Squalane + BHA Pore-Minimizing Toner, \$28

Fragrance-free and easy to blend in, Olay Regenerist Hydrating Mineral Sunscreen SPF 30, \$29, makes wearing daily SPF enjoyable for all skin tones.

2 Boost your plumping and smoothing power with Neutrogena Hydro Boost Hydluronic Acid Serum, \$24.

Use your favorite micellar water with one of these Garnier SkinActive Micellar Cleansing Eco Pads, \$9 (for three). Then toss it in the laundry rather than the trash.

Not your teen's zit-blasting cream, CeraVe Acne Control Gel, \$20, combines pore-clearing exfoliants and skin-soothing niacinamide.

5 Aveeno Ca!m *
Restore Oct Gel
Moisturizer, \$18.
hydrates and soothes
sensitive complexions
with feverfew and
prebiotic octs.

6 Find the goldstandard retinol at an incredible value. Pond's Lifting & Brightening Eye Cream, \$5.

Petent and plant-based, Philosophy Nature in a Jar Skin Reset Serum, \$58, features bakuchiol, a gentle atternative to retinol.

This brightening blend is specially formulated to treat dark spots in deeper skin tones. Melê Even Dark Spot Control Serum. \$24.





"Watching my daughter grow has made me more proud of my stretch marks."

Dominique





Renew the love for your skin with Dove.

Dove body wash renews your skin's ceramides and strengthens it against dryness, giving you instantly softer and smoother skin you can lovingly embrace.



makeup

BEAUTY IS BACK! OUR

FAVORITES WILL HAVE YOU
READY FOR ANY FACE
TIME-VIRTUAL OR IRL.

With a built-in primer and matte finish, Smashbox Always On Cream Shadow, \$22, Is ideal for mature or olly lids. Comes in 15 shades, including plenty of neutrals.

2 L'Oréal Paris Age Perfect Blurring Face Primer, \$14, is a satiny, brightening base for makeup

No runny mess here! Bite Beauty Upswing Extreme Longwear Liquid Eyeliner, \$25, glides on for a crisp, smooth line.

Clinique Even
Better All-Over
Concealer + Eraser,
\$27, covers and
treats undereye
circles with a bonus
sponge inside the
cap for blending.

Dramatic lashes at a drugstore price. Maybelline New York Lash Sensational Sky High Mascara, \$11.

The refillable pencil's fine tip and waterproof color make you feel like a pro.
Charlotte Tilbury Brow Cheat, \$25.

Longwear matte lips never looked (or felt) so luxe. Pat McGrath Labs Liqullust: Lipstick, \$30

Concealer, primer, and foundation in one: CoverGirl Outlast Extreme Wear Foundation, \$11.

Burt's Bees
Color Nurture
Cream Blush, \$10,
adds a hydrating,
healthy-looking flush
to cheeks.

THIS CONCEALER COMES IN 42 SHADESI





SMART
BEAUTY BUYS
FOR MAKEUP
LOVERS AS
WELL AS

MINIMALISTS



Testers loved the comfy, luxe feel for day and night. ChapStick Sea Minerals NourIshing Lip Balm, \$6.

SMILE BRIGHTENER Testers who enjoy a daily cup of coffee or an evening glass of red wine named this a favorite quick fix for teeth-staining vices. CO. by Colgate Oh So Dazzling Enzyme-Powered Whitening Toothpaste, \$15.

READY FOR FRESH BREATH



TTER NEWS:

In our Healthy Smile formula, you can = 24 hours* of cavity protection too!

heraBreath



beauty/awards

hair

GOOD HAIR DAYS

This invisible root refresher is a dry shampoo standout. SexyHair Healthy Laundry Day, \$20.

The refillable duo is good for your hair and the Earth.
Love Beauty and Planet Reusable
Aluminum Shampoo and Conditioner,
\$10 each.

An upgrade for the popular but pungent DIY detox, Hair Food Apple Cider Vinegar Hair Rinse, \$9, has a gentle clarifying formula and fresh apple scent.

Nexxus Prep & Protect Leave-In Spray, \$10, primes hair for detangling and styling with lightweight hyaluronic acid.

5 Is your scalp sending out an SOS? Head & Shoulders Supreme Scalp Moisturizer, \$9, treats flakes and soothes itchiness.

A brush with built-in heat lets you skip the flat Iron. InStyler Straight Up Max, \$60.

Garnier Whole
Blends Coconut
Oil & Cocoa Butter
Miracle Frizz Tamer,
\$8, multitasks as a
leave-in frizz cream
and heat protectant.



TOP PICKS

Our curly pros love Tresemmé Flawless Curls Hydrating Oil, \$5,

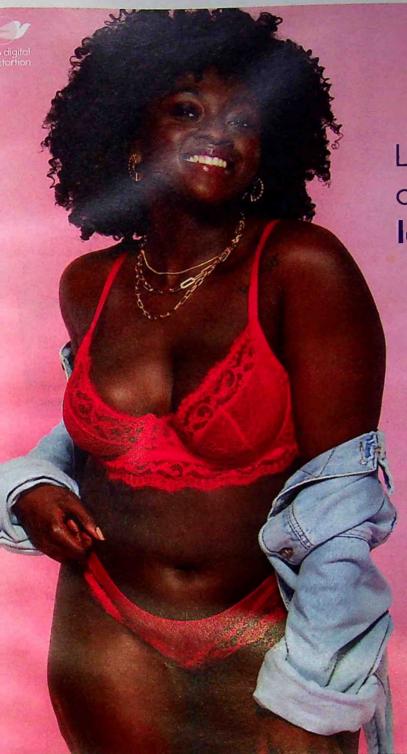
for its lightweight and hydrating frizz control. In the curl cream category, TPH By Taraji Curls 4 Days, \$14, checks all the boxes for multitextured hair with excellent curl definition, lasting hold, and volume. Both formulas smell amazing, our testers say.



3 TOOLS IN 1 Sectioning clips attach to the back of the Canair "Blowout Stylist Paddle Hairbrush, \$13.



READERS' CHOICEI We polled readers to nominate their favorite at-home color of the year, and the winner is Revion ColorSilk Beautiful Color Hair Color. Readers noted the color is natural and shiny with beautiful gray coverage. Thanks to an ammonia-free formula, it has a pleasant scent. And this drugstore darling is priced so right: \$4.

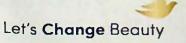




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body

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AND MOISTURIZERS.

Biodegradable, plant-based, and affordable enough for all your sinks.
Hello Meyer Lemon
• Vitamin E Foaming Hand Wash, \$5.

Deal with sweat and odor; ditch single-use plastic packaging. Secret Refillable Invisible Solid Antiperspirant & Deodorant, \$10.

Body lotion gets a glow-up with this creamy hybrid that helps skin produce its own ceramides. Dove Body Love Intense Care Cream Oil Body Lotion, \$6.

Bio-Oll
Skincare Oil
(Natural), \$30,
blends plant-based
oils, such as
sunflower, safflower,
and rosehip oils.



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SCOOP ON
THESE WINNERST
Hover your
smartphone over
this code to
read expanded
reviews from our
expert testers.

5 Fragranceand parabenfree, this physical sunscreen is a must-have for sensitive skin. Banana Boat Sensitive Mineral Lotion SPF 50, \$10.

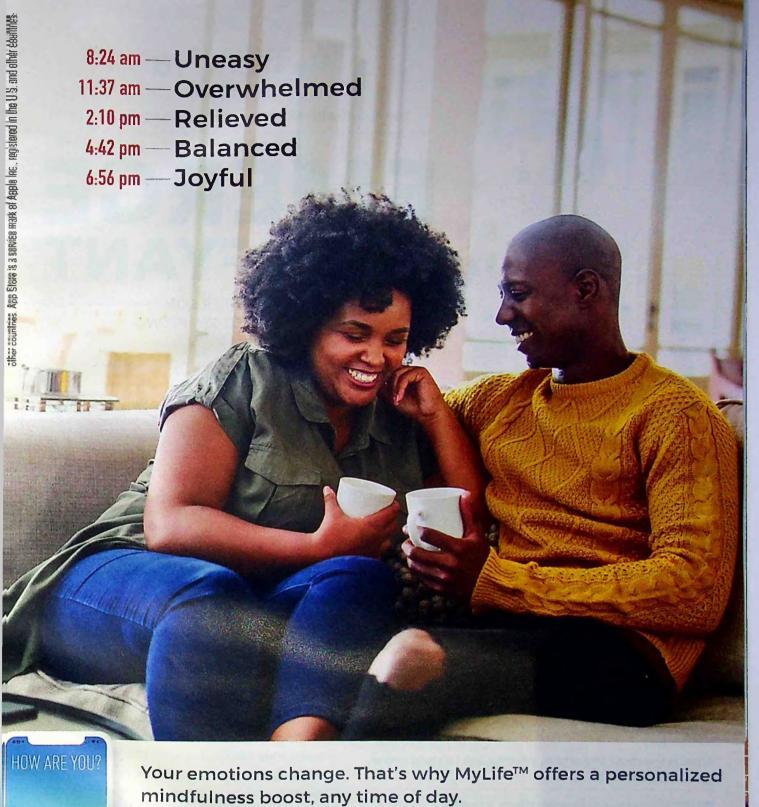
Sure to be a winter skin MVP, Curél Extreme Dry Hand Relief Cream, \$4, outlasts multiple handwashings.

Take your daily shower routine from so-so to spalike with this (generously sized) multitasker. Olay Exfoliating Body Wash with Sugar & Cocoa Butter, \$8.

A coconut oil-infused spin on the original, Jergens Natural Glow + Firming Daily Moisturizer, \$8, delivers a gradual, streakfree tan.



**POWER COUPLE Mary Kay Clinical Solutions Retinol 0.5 Set, \$120, works strategically. The night treatment features retinol, the vitamin-A derivative known for boosting cell turnover to improve fine lines, wrinkies, and discoloration, while the facial milk keeps skin caim and hydrated with soothing plant oils.





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TREMFYA® (guselkumab) 100 mg injection, for subcutaneous use

What is TREMFYA®?

TREMFYA® is a prescription medicine used to treat adults:

- with moderate to severe plaque psoriasis who may benefit from taking injections or pills (systemic therapy) or phototherapy (treatment using ultraviolet or UV light)
- · with active psoriatic arthritis (PsA).

It is not known if TREMFYA* is safe and effective in children under 18 years of age.

What is the most important information I should know about TREMFYA®?

TREMFYA* may cause serious side effects, including:

Serious allergic reactions. Stop using TREMFYA® and get emergency medical help right away if you develop any of the following symptoms of a serious allergic reaction:

chest tightness

· skin rash, hives

itching

- fainting, dizziness, feeling lightheaded (low blood pressure)
- swelling of your face, eyelids, lips, mouth, tongue or throat
- · trouble breathing or throat tightness

Infections. TREMFYA® is a medicine that may lower the ability of your immune system to fight infections and may increase your risk of infections. Your healthcare provider should check you for infections and tuberculosis (TB) before starting treatment with TREMFYA® and may treat you for TB before you begin treatment with TREMFYA® if you have a history of TB or have active TB. Your healthcare provider should watch you closely for signs and symptoms of TB during and after treatment with TREMFYA®.

- Tell your healthcare provider right away if you have an infection or have symptoms of an infection, including:
 - fever, sweats, or chills
 - muscle aches
 - weight loss
 - cough
 - warm, red, or painful skin or sores on your body different from your psoriasis
 - diarrhea or stomach pain
 - shortness of breath
 - blood in your phleam (mucus)
 - burning when you urinate or urinating more often than nor m

See "What are the possible side effects of TREMFYA?" for more information about side effects.

In clinical studies, at least 7 out of 10 patients saw at least 90% clearer skiin at 16 weeks.

EMMERGE WITH IMPROVED SYMPTOMS

In clinical studies, patients had improvements in symptoms such as burning, stinging, and itching at 16 weeks.

COMPLETELY CLEAR SKIN

Im another clinical study, 5 out of 10 patients saw completely clear skin at 16 weeks.

Imdividual results may vary.





LEARN MORE ABOUT RESULTS WITH TREMFYA*

Who should not take TREMFYA®?

Do not take TREMFYA if you have had a serious allergic reaction to guselkumab or any of the ingredients in TREMFYA.

What should I tell my healthcare provider before starting treatment with TREMFYA®?

Tell your healthcare provider about all of your medical conditions, including if you:

- have any of the conditions or symptoms listed in the section "What is the most important information I should know about TREMFYA"?"
- have an infection that does not go away or that keeps coming back.
- have TB or have been in close contact with someone with TB.
- have recently received or are scheduled to receive an immunization (vaccine). You should avoid receiving live vaccines during treatment with TREMFYA®.
- are pregnant or plan to become pregnant. It is not known if TREMFYA® can harm your unborn baby.
- are breastfeeding or plan to breastfeed. It is not known if TREMFYA® passes into your breast milk.

Tell your healthcare provider about all the medicines you take, including prescription and over-the-counter medicines, vitamins, and herbal supplements.

What are the possible side effects of TREMFYA®?

TREMFYA* may cause serious side effects. See "What is the most important information I should know about TREMFYA*?"

The most common side effects of TREMFYAs include:

- upper respiratory infections
- headache
- injection site reactions
- joint pain (arthralgia)
- alta cala a a

- stomach flu (gastroenteritis)
- fungal skin infections
- herpes simplex infections
- bronchitis

These are not all the possible side effects of TREMFYA®. Call your doctor for medical advice about side effects.

What Else Should I Know About This Brief Summary?

- This information is not complete. To get more information:
 - Talk to your healthcare provider.
 - Visit www.tremfya.com to obtain the FDA-approved Product Labeling, Medication Guide, and Instructions for Use.
 - Call the FDA at 1-800-FDA-1088 to report side effects or visit www.fda.gov/medwatch.

Please read this Important Brief Summary for TREMFYA® and discuss any questions you have with your doctor.

janssen T in

Immunology Danssen Biotech, Inc. 2021 06/21 cp-227714v1

CD-82029V3

home COLOR MODERN MAUVE When the synthetic ROSE EMBROIDERY dye for this pinky-purple hue was SW 6297 created in the Sherwin-Williams mid-19th century, it revolutionized design, making a color once reserved for royalty suddenly affordable to all. More than a century later, mauve rose to popularity again as the dusty darling of the 1980s. Today ROARING TWENTIES N120-4 it returns in decidedly bold fashion. Behr ROMANTIC ROSE 1008-5C Valspar ROSE MEADOW DE6025 **Dunn Edwards** MAUYE MADNESS PPG1049-5

Th

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home/color

ar from channeling yesteryear, mauve looks current when you choose tones that are deeply saturated and lean more taupe than its pastel predecessor. Applying multiple variations in a room yields the most modern result. Try colorblocking large swaths, as the designers at Swedish paint firm Alcro did, right, painting walls a dusky mauve (Chianti 718*) and the ceiling a rich pink tone (Landsort 712*). Upping the ante: "Painting the ceiling color down on the walls gives the room a new perspective," says Yvonne Karlsson, color expert at Alcro. Another approach is to play up mauve's cool undertones by pairing it with a range of blue furnishings. *NOT SOLD IN THE U.S.

Th

pui



Better Homes & Gardens



11/4" Herringbone

Cotton Twill

Tape Trim in Light

Pink (SP-2787),

\$8 for 10 yards;

amazon.com

Interior designer Kelly Wearstler warmed up tones of mauve with brass accents in this bedroom.

Collection® fabrics in Paisley Purple
and Ikat Ogee Purple,
\$11 each (72*45* precut yardage);
walmart.com/BHG

Pretti.Cool Catchall
in Coral & Mauve, \$28

(4'); westelm.com

Ro

LSA International

Gems Tumblers

in Garnet are hand-

painted, \$50 for four,

This color pairs well with cooler hues like blues and grays for a soothing space.

JESSICA THOMAS, BH&G style director

Syrine Velvet
Rectangle
Ottoman in Withered
Rose, \$70 (19"W);
wayfair.com



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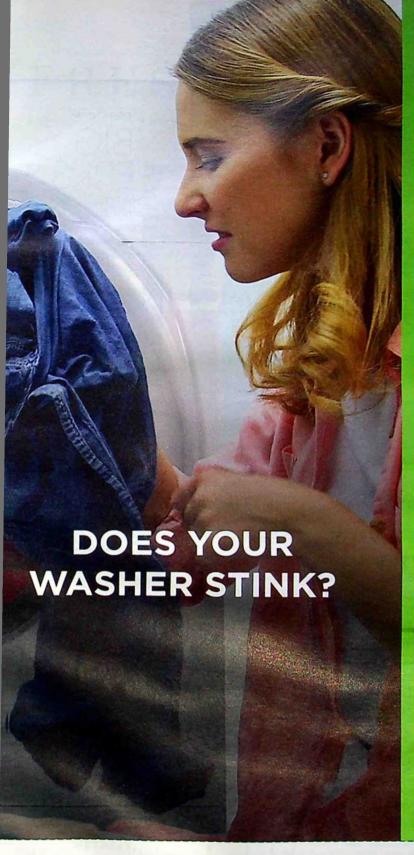
pur

by

small victory

An architect stretched the function and upped the style of her tiny kitchen, proving it's not about how much space you have but how you use it.





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Soft * Soft *** Soft **** Soft **** Soft ***** All rights reserved.

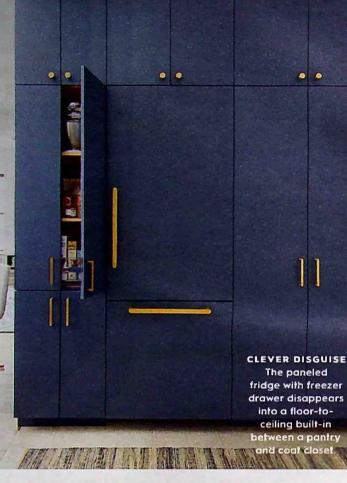




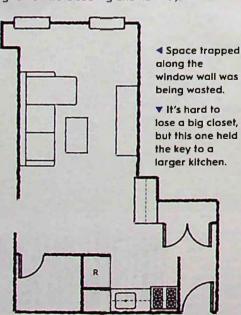


I had it in my mind that the cabinetry should be blue. It never occurred to me to worry that it was a bold choice.

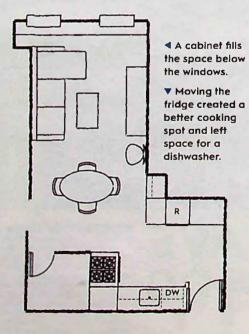
LAUREN DEMATTIA



BEFORE Initially, Lauren couldn't stop thinking about an island or a peninsula. But she realized it would cramp the flow into the living room, so she accomplished her goal for more seating another way.



AFTER The design of the wall opposite the front door was critical. "I felt it needed to be really clean and orderly," Lauren says. "Now it helps mitigate the fact that you're walking right into the kitchen."



[COOKTOPS]

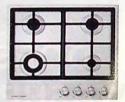
BIG PERKS

If you have a small kitchen, a 24-inch cooktop might ignite more plan options than a standard 30- or 36-inch unit.



INDUCTION

Touch screen controls include a boost feature for a fast boil. NIT5469UC, \$1,549; bosch-home.com/us



GAS

Serious cooks want burners of varying power. This unit includes a wok-ready 11,000-Btu burner. CG244DNGX1_N, starting at \$999; fisherpaykel.com



ELECTRIC

A ceramic glass top eases cleanup; wipe away spills and pop the knobs into the dishwasher. WCE55US4HB, \$749; whirlpool.com

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SEAFOOD QUICHE

by Brandi Crawford a Stay_Snatched

SERVING SIZE: 8 servings PREP TIME: 15 minutes COOK TIME: 1 hour

INGREDIENTS

- · 4 Eggland's Best eggs, large
- ½ cup heavy whipping cream
- ½ cup unsweetened almond milk
- 1 teaspoon olive oil
- · 1/2 cup chopped onions
- · ¼ cup chopped green peppers
- · ¼ cup chopped red peppers
- ½ cup shredded cheddar cheese
 ½ cup shredded swiss cheese
- 1 teaspoon seafood seasoning
- salt and pepper to taste
- 1 sheet refrigerated pie crust
 8 oz lump crab meat
- · 8 oz raw shrimp Peeled and deveined.

DIRECTIONS

- 1. Preheat oven to 350 degrees.
- 2. Unroll the crust into a 9 inch pie plate. Cover the pie crust with parchment paper and load pie weights or dry beans over the paper and pie plate. This will anchor the crust as it bakes.
- **3.** Bake for 15 minutes. Remove the pie crust and set aside.
- 4. Combine the **Eggland's Best** eggs, cream, and almond milk in a large bowl.
- 5. Heat a skillet on medium-high heat and add in the olive oil, red peppers, onions, and green peppers. Cook for 3-4 minutes until the onions are translucent and fragrant.
- **6.**Remove the vegetables from the skillet and add them to the bowl with the eggs and milk.
- 7. Add in the lump crab, shrimp, and half of both of the cheeses (% cup cheddar and % cup swiss cheese). Stir to combine.
- **8.** Pour the egg and seafood filling over the pie crust.
- **9.** Top with the remaining shredded cheddar and swiss cheese.
- 10. Bake for 20 minutes.
- 11. Adjust the temperature to 300 degrees and bake an additional 15-25 minutes until the quiche has set.

Delicious **Eggland's Best** eggs provide superior taste and nutrition, including 10 times the vitamin E and 25% less saturated fat than ordinary eggs! egglandsbest.com





A SEISMIC SHIFT

As in the kitchen, Lauren's goal for the living room was to streamline. A new built-in unit spans the window wall, integrating the air-conditioner and radiator. Pushing the furniture toward that wall created a dining area between the living room and kitchen.

► WELCOME SHELF SPACE

The wall-to-wall custom cabinet incorporates display space. With its durable, high-gloss finish, the top provides a place for Lauren to tend to her growing collection of plants. Legs make the metal sections resemble furniture.





661 used picture ledges around the TV for a large gallery wall that I can continually play with.

WHAT TO ASK

Finding the right general contractor starts by asking these questions, says Jean Brownhill, founder and CEO of Sweeten (sweeten.com), a service that matches homeowners with vetted contractors.

HAVE YOU EVER DONE A PROJECT LIKE MINE?

"The general
contractor should be
well-versed in work,
scope, and budget
similar to your
project. Look at
photos of their work."



HOW WILL WE STAY IN TOUCH DURING THE PROJECT?

"You need to be on the same page for communication. You might expect weekly emails, but the contractor might be in the habit of frequently texting."



WHAT CHANGES DO YOU THINK I SHOULD MAKE?

"This is a way to gauge a contractor's expertise, creativity, and experience. You should be able to start seeing them as a thought partner in problem-solving."



HOW LONG WILL THE REMODEL TAKE?

"Based on your project, a contractor should be able to give you a detailed timeline with a target date—sort of like a baby due date."



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Not an actual patient. What is VERQUVO? ·For females who are able to get pregnant:

VERQUVO is a prescription medicine used in adults who are having symptoms of their chronic (long-lasting) heart failure, who have had a recent hospitalization or the need to receive intravenous (IV) medicines and have an ejection fraction (amount of blood pumped with each heartbeat) of less than 45 percent to reduce the risk of dying and to reduce the need to be hospitalized.

IMPORTANT SAFETY INFORMATION

VERQUVO may cause birth defects if taken during pregnancy.

·Females must not be pregnant when they start taking VERQUVO.

 Your healthcare provider will do a pregnancy test to make sure that you are not pregnant before you start taking VERQUVO.

 You must use effective forms of birth control during treatment and for 1 month after you stop treatment with VERQUVO. Talk to your healthcare provider about forms of birth control that you may use to prevent pregnancy during treatment.

 Tell your healthcare provider right away if you become pregnant or think you are pregnant during treatment with VERQUVO.

Do not take VERQUVO if you:

·are taking another medicine called a soluble guanylate cyclase stimulator (sGC). Ask your healthcare provider if you are not sure if you are taking an sGC medicine.

· are pregnant.



After my heart failure hospitalization

TMAKE Tresumment Count

VERQUVO may help you live longer and stay out of the hospital

So you can stay true to your heart.

Talk to your doctor to see if VERQUVO is right for you.

Before taking VERQUVO, tell your health care provider about all your medical conditions, including if you:

are breastfeeding or plan to breastfeed. It is not known if VERQUVO passes into your breast milk. Do not breastfeed if you take VERQUVO. Talk with your healthcare provider about the best way to feed your baby if you take VERQUVO.

Tell your healthcare provider about all the medicines you take. Certain other medicines may affect how VERQUVO works.

The most common side effects of VERQUVO include:

- ·low blood pressure
- ·low red blood cells (anemia)

You are encouraged to report negative side effects of prescription drugs to the FDA. Visit www.fda.gov/medwatch or call 1-800-FDA-1088.

Please read the adjacent Medication Guide for VERQUVO and discuss it with your doctor.



verquvo-us.com

Keep Your Heart in It

MEDICATION GUIDE VERQUVO® (ver-KYU-voh) (vericiguat) tablets

What is the most important information I should know about VERQUVO? VERQUVO?

· Females must not be pregnant when they start taking VERQUVO.

· Females who are able to get pregnant:

Your healthcare provider will do a pregnancy test to make sure that you are n

pregnant before you start taking VERQUVO.

Towns of birth control during treatment and for 1 more after you stop treatment with VERQUVO. Talk to your healthcare provider about 10 ms of birth control that you may use to prevent pregnancy during treatment with VERQUVO.

Tell your healthcare provider right away if you become pregnant or think you a

pregnant during treatment with VERQUVO.

What is VEROUVO?

VERQUIVO is a prescription medicine used in adults who are having symptoms of their phronic (long-lasting) heart failure, who have had a recent hospitalization or the need to receive intravenous (IV) medicines and have an ejection fraction amount of blood pumped with each heartbeat) of less than 45 percent:

to reduce the risk of dying and

to reduce the need to be hospitalized

Heart failure happens when your heart is weak and cannot pump enough bloods your lungs and the rest of your body.

It is not known if VERQUVO is safe and effective in children.

Do not take VERQUVO if you:

- are taking another medicine called a soluble guanylate cyclase stimulator sSC. Ask your healthcare provider if you are not sure if you are taking an sGC medicine.
- are pregnant. See "What is the most important information I should know about VERQUVO?"

Before you take VERQUVO, tell your healthcare provider about all your medical conditions, including if you:

are preastfeeding or plan to breastfeed. It is not known if VERQUVO passes into your preast milk. Do not breastfeed if you take VERQUVO. Talk with your healthcare provider about the best way to feed your baby if you take VERQUVO.

Tell your healthcare provider about all the medicines you take, including prescriptions over-the-counter medicines, vitamins, and herbal supplements. Certain other medicines may affect how VERQUVO works.

dow should I take VERQUVO?

Take VERQUVO exactly as your healthcare provider tells you to.

Take VERQUVO 1 time each day with food.

- Swallow VERQUVO tablets whole. If you are not able to swallow the tablet whole, you may crush VERQUVO tablets and mix with water right before taking your dose.
- Your healthcare provider may change your dose when you first start taking VERQUVO to find the best dose for you and how well you tolerate VERQUVO.
- If you miss a dose, take the missed dose as soon as you remember on the same day of the missed dose. **Do not** take 2 doses of VERQUVO on the same day to make up for a missed dose.

 If you take too much VERQUVO, call your healthcare provider or go to the nearest hospital emergency room right away.

What are the possible side effects of VERQUVO?

VWhat are the possible side effects of VERQUVO?
VIERQUVO may cause serious side effects, including:

See "What is the most important information I should know about VERQUVO?"

The most common side effects of VERQUVO include:

- low blood pressure
- low red blood cells (anemia)

These are not all the possible side effects of VERQUVO. Call your doctor for medical advice about side effects. You may report side effects to FDA at 1-800-FDA-1088.

Hlow should I store VERQUVO?

•• Store VERQUVO at room temperature between 68°F to 77°F (20°C to 25°C). Keep VERQUVO and all medicines out of the reach of children.

General information about the safe and effective use of VERQUVO.

Medicines are sometimes prescribed for purposes other than those listed in a Medication Guide. Do not use VERQUVO for a condition for which it was not prescribed. Do not give VERQUVO to other people, even if they have the same symptoms you have. It may harm them.

You can ask your pharmacist or healthcare provider for information about VERQUVO that is written for health professionals.

What are the ingredients in VERQUVO?

Active ingredient: vericiguat.

Imactive ingredients: croscarmellose sodium, hypromellose, lactose monohydrate, magnesium stearate, microcrystalline cellulose, sodium lauryl sulfate.

The tablet film coating contains: hypromellose, talc, titanium dioxide. The film-coating for the 5 mg tablet also contains ferric oxide red. The film-coating for the 10 mg tablet also contains ferric oxide yellow.

usmg-mk1242-t-2106r001 Revised: 06/2021



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googlyeyed gourds

These no-carve, animated faces deliver big personality in a couple of simple steps. Wipe pumpkins clean and let dry, then paint mouths, noses, and circles for eyes with acrylic craft paint. Attach googly eyes with hot glue.

making

The front steps can look less scary and more merry this year, thanks to craft stylist **Marcie McGoldrick's** expressive pumpkins. Minimal materials and easy techniques result in smiles all around

REMOVE STEMS,
THEN TURN
MINI PUMPKINS
INTO EYES. ATTACH
THEM TO A
LARGER PUMPKIN
WITH SKEWERS.



home/hands-on

THE TOOL KIT

These few tools are all you need for carving, says craft stylist Marce McGolariax



FLESHING TOOL

Clean out your pumplin with this scraper, which scoops seeds and helps thin and smooth walls.

AWL

Use this needlepoint tool to trace templates onto your pumpion by perforating along lines.

TI

PL

KEYHOLE SAW

Make large cuts. like holes in the book of pumpkins or carved eyes and mouths.

FINE-TOOTH SAW

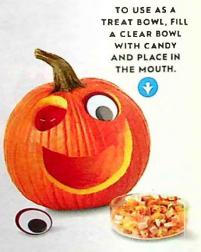
After using the keyhole saw, carve smaller details and dean up edges with this tool.





jack-o² lantern candy

This wide-eyed, widemouth character seems to want all the treats, but he's happy to share. Carve an exaggerated smile and eye holes (freehand or download our templates) and thoroughly clean out pumpkin. Attach googly eyes to craft foam disks and use T-pins inserted in the cutouts to prop up the eyes.





To download our templates, hover your smartphone camera over code or visit BHG.com/ **PumpkinFaces**

GET A FREE GOAT TOTE

Claim yours by becoming a monthly supporter of Heifer International.





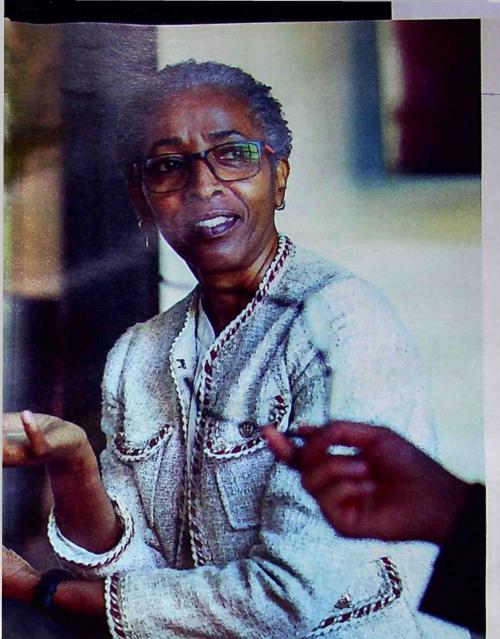
Your monthly donation will help people like Jit Kumari Yogi. After losing two of her sons and then her husband, Jit became a widow and a single mother to her remaining three sons. Shunned and burdened by poverty, she knew she must do something to create a better future for her family. With the help of Heifer International, she rebuilt her life step by step and emerged as a thriving entrepreneur.

Helping people like Jit is something to feel good about. And now you can pack all your good feelings in your very own goat tote.

SIGN UP NOW AT HEIFER.ORG/BETTERHOMES







AMGEN Oncology Better Homes & Gardens



Conversations about lung cancer can be hard. But getting up to speed on the latest terms and developments in testing and research may help expand your treatment options and set you up for more productive conversations with your health care team.

A lung cancer diagnosis is extremely overwhelming. Beyond the initial emotions around your diagnosis, there may also be a seemingly endless stream of confusing medical terms. Don't get discouraged. Instead, take time to ask your health care team plenty of questions—and don't be afraid to speak up if you aren't clear on a particular term or concept.

One area you may want to discuss with your health care team is biomarker testing. Advances in lung cancer research have made possible more targeted therapies, and the path to those treatments starts with biomarker testing.

Understanding biomarkers in non-small ::ell lung cancer (NSCLC)

whort for "biologic marker," a cancer biomarker is a substance that can be measured in the body that may provide may be not the risk of your cancer progressing or may predict potential response to therapy. Biomarker tests—which can be performed with a standard blood test or tissue biopsy—can help identify specific genetic mutations that provide more information around the type of lung cancer you have.

NSCLC is the most common type of lung cancer. However, there can be differences in the tumor cells among patients with NSCLC. The more familiar you are with the different types of NSCLC and the importance of testing, the more equipped you'll be to have meaningful conversations about treatment options with your health care team.

Comprehensive or thorough biomarker testing is one of the most important steps that a person can take when diagnosed with non-small cell lung cancer," says Andrea Ferris, President and Chief Executive Officer of LUNGevity, a nonprofit organization focused on changing outcomes for people with lung cancer through research, education, and support. "Having the results of these biomarker tests will enable a patient to make a fully informed treatment decision in conjunction with their health care providers."

A breakthrough for KRAS G12C in NSCLC

A mutation, or change, of the normal KRAS gene (a code in your body that provides instructions for cells to grow) called KRAS G12C can cause cells to grow and multiply, and can lead to cancer. This KRAS G12C mutation occurs in roughly one in eight patients with NSCLC in the U.S.

Biomarker testing is needed to detect if your NSCLC cells have the KRAS G12C mutation. Fortunately, there is now a targeted treatment option available for these patients.

Advancing research on mutations is a victory for cancer research, but it's most important for patients who may benefit from targeted treatments. That's why getting comfortable with discussing treatment options and biomarker testing with your health care provider is an important step in your treatment journey.

BROUGHT TO YOU BY AMGEN ONCOLOGY

Start the conversation with these questions:

- 1 Have I had biomarker testing?
- Am I a good candidate for biomarker testing?
- When should I get a biomarker test?
- What might I learn from biomarker testing?
- How might my biomarker results affect my treatment plan?
- 6 How do I find out about targeted treatments that may be available to me?





home

idid it. Decorative storage, walls that wow, personality by the pound. This roundup of creative





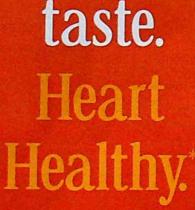
An exercise space shouldn't make you tired before you work out. But Corey Decker admits hers was kind of an energy drain. So she flexed her DIY muscles and launched a makeover. On a whim, Corey, who shares her home projects on her blog, Sawdust 2 Stitches, ripped up the carpet and never looked back. She mapped out stripes on the wall using a long level, a pencil, and painters tape. After rolling on the ombré

treatment, Corey laid rubber floor tiles she bought for less than \$100. For a storage and style lift, she purchased vintage lockers off Craigslist for \$200, painted them, and turned them into a built-in by encasing them in a custom floor-to-ceiling cabinet. Her interest in indoor jogging? Still meh, she says. But her new surroundings keep her coming back with enthusiasm.



space was a spare room with nothing but a treadmill. A few do-it-yourself projects turned it into an inspiring home gym.







home /i did it

FREE UP FLOOR SPACE

These do-it-yourselfers on Instagram devised wall-mounted storage solutions that are worth the reps.



@CRAFTEDBYTHEHUNTS

Zoe and Andrew Hunt drilled rows of holes in a 2×4-foot piece of plywood and cut dowels and shelves for a flexible setup pumped up by a bold, spray-painted pattern.



Organizing her exercise bands and yoga mat on a plywood rack with pegs bedroom feel like a true workout space and ensured her gear was neat.



@ADDICTED2DIY

Stained to match Katie Cleveland's home office furniture, this rack started as a water bottle holder and evolved into wall art. The French cleat design means she can move the holders.



@HOMEWITHB

A ready-made steel pegboard and floating shelves maintain order on a painted wall in Basalat Pasha Siddique's basement gym. Even the audio gear has its own perch.

......

EXERCISE SUCCESS Keep your at-home fitness routine on track by getting into the right frame of mind

DEDICATE A SPOT

As little as 4 feet of space will do, says Los Angeles-based trainer Gretchen Zelek "It can be a closet or a corner of the bedroom."

- DRESS THE PART

"There's something motivating about changing out of your street clothes to exercise," Zelek says. Get comfy and invest in some sturdy sneakers.

BE A "MEMBER"

Break the no-show pattern. Schedule your workouts as though vou're signing up for a fitness class with a cancellation penalty.



You deserve a nice art-healthy breakfast.

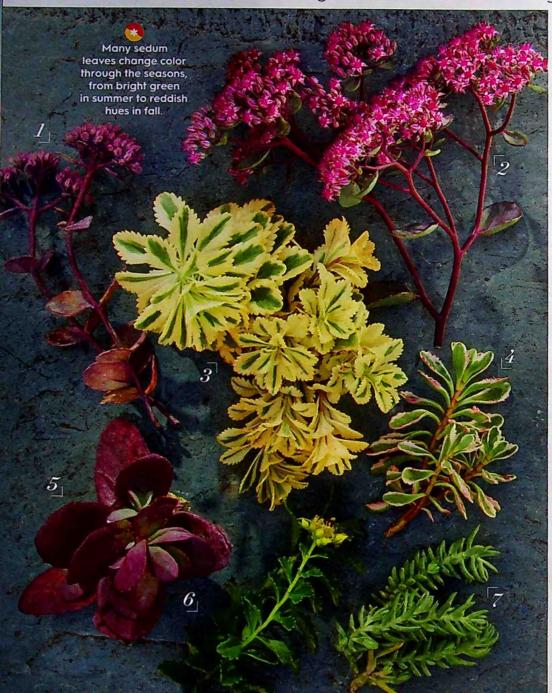
"ee grams of soluble fiber daily from whole grain out foods, each oney Nut Cheerlos" cerent, in a diet tow in saturated fat tomes the steroit, may reduce the risk of heart disease. They Nut Cheerlos cereal provides 75 grams per serving.





groundcover SEDUM

These water-wise perennials form a colorful carpet in the garden and flourish even in tough conditions.



he world of sedum is vast, with hundreds of varieties in different sizes and colors. But the short groundcover versions of this succulentleaved plant are particularly good problem-solvers in the garden. Quick spreaders, they can be used to fill bare spots in a flowerbed (suppressing weeds in the process). They also work well as trailers along the edge of a pot or in a rock garden, where they wind gracefully around the stones. Wherever you plant them, these hardy, droughttolerant plants will ask very little of you.

SEDUM FAVORITES

1 'Lidakense' Pink flowers open in fall. 2 'Vera Jameson' On the taller side, it reaches 8-12 inches. 3 'Atlantis' Yellow flowers bloom in summer 4 'Tricolor' A pretty container edger, with frilly leaves. 5 'Firecracker' Spreads especially quickly. 6 'Little Miss Sunshine' Abundant yellow flowers in summer.

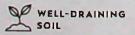
7 'Blue Spruce' Can grow in part shade.

Sedum 411

What you should know before you plant.



LIGHT TO MODERATE









This quiet moment is brought to you by nature. Also by FASENRA.



FASENRA helps prevent asthma attacks, improve breathing, and lower daily use of oral steroids. It's only 1 maintenance dose every 8 weeks and has a convenient pen option.

Talk to your doctor or visit **FASENRA.com**. Think of this moment as a quiet victory.

FASENRA is an add-on treatment for people 12 and older with severe eosinophilic asthma. It's not a rescue medication or for other eosinophilic conditions.

IIPORTANT SAFETY INFORMATION

- not use FASENRA if you are allergic to benralizumab or any of e ingredients in FASENRA.
- o not use to treat sudden breathing problems.

ASSENRA may cause serious side effects, including:

- zallergic (hypersensitivity) reactions, including anaphylaxis. Serious allergic reactions can happen after you get your FASENRA imjection. Allergic reactions can sometimes happen hours or days after you get your injection. Tell your healthcare provider or get emergency help right away if you have any of the following symptoms of an allergic reaction:
 - o swelling of your face, mouth and tongue
 - o breathing problems
 - o fainting, dizziness, feeling lightheaded (low blood pressure)
 - o rash
 - o hives

effore using FASENRA, tell your healthcare provider about I of your medical conditions, including if you:

- aire taking oral or inhaled corticosteroid medicines. Do not stop taking your corticosteroid medicines unless instructed by your hiealthcare provider. This may cause other symptoms that were controlled by the corticosteroid medicine to come back.
- heave a parasitic (helminth) infection.
- aire pregnant or plan to become pregnant. It is not known if FASENRA will harm your unborn baby. Tell your healthcare provider if you become pregnant during your treatment with FASENRA.
 - o There is a pregnancy exposure registry that monitors pregnancy outcomes in women exposed to FASENRA during pregnancy. Healthcare providers can enroll patients or encourage patients to enroll themselves by calling 1-877-311-8972 or visiting www.mothertobaby.org/fasenra.

*Results may vary.

†The first 3 doses are given on day 1, week 4, and week 8.

- are breastfeeding or plan to breastfeed. It is not known if FASENRA passes into your breast milk. Talk to your healthcare provider about the best way to feed your baby if you use FASENRA.
- are taking prescription and over-the-counter medicines, vitamins, or herbal supplements.

Do not stop taking your other asthma medicines unless instructed to do so by your healthcare provider.

The most common side effects of FASENRA include: headache and sore throat. These are not all the possible side effects of FASENRA.

APPROVED USE

FASENRA is a prescription medicine used with other asthma medicines for the maintenance treatment of asthma in people 12 years and older whose asthma is not controlled with their current asthma medicines. FASENRA helps prevent severe asthma attacks (exacerbations) and may improve your breathing. Medicines such as FASENRA reduce blood eosinophils. Eosinophils are a type of white blood cell that may contribute to your asthma.

FASENRA is not used to treat other problems caused by eosinophils and is not used to treat sudden breathing problems. Tell your healthcare provider if your asthma does not get better or if it gets worse after you start treatment with FASENRA.

It is not known if FASENRA is safe and effective in children under 12 years of age.

You are encouraged to report negative side effects of prescription drugs to the FDA. Visit www.FDA.gov/medwatch or call 1-800-FDA-1088.

Please see Brief Summary of full Prescribing Information on following page.

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IMPORTANT INFORMATION ABOUT FASENRA

Read this brief summary carefully before using FASENRA for the first time and each time you use a new dose. There may be new information. This summary does not take the place of talking to your healthcare provider about your medical condition or treatment.

What is FASENRA?

FASENRA is a prescription medicine used with other asthma medicines for the maintenance treatment of asthma in people 12 years and older whose asthma is not controlled with their current asthma medicines. When added to other medicines for asthma, FASENRA helps prevent severe asthma attacks (exacerbations) and may improve your breathing. Medicines such as FASENRA reduce blood eosinophils. Eosinophils are a type of white blood cell that may contribute to your asthma.

- FASENRA is not used to treat other problems caused by eosinophils.
- FASENRA is not used to treat sudden breathing problems. Tell your healthcare provider if your asthma does not get better or if it gets worse after you start treatment with FASENRA.

It is not known if FASENRA is safe and effective in children under 12 years of age.

Do not use FASENRA if you are allergic to benralizumab or any of the ingredients in FASENRA.

Before using FASENRA, tell your healthcare provider about all of your medical conditions, including if you:

- are taking oral or inhaled corticosteroid medicines. Do not stop taking your corticosteroid medicines unless instructed by your healthcare provider. This may cause other symptoms that were controlled by the corticosteroid medicine to come back
- have a parasitic (helminth) infection
- are pregnant or plan to become pregnant. It is not known if FASENRA will harm your unborn baby. Tell your healthcare provider if you become pregnant during your treatment with FASENRA.
 - There is a pregnancy exposure registry that monitors pregnancy outcomes in women exposed to FASENRA during pregnancy. Healthcare providers can enroll patients or encourage patients to enroll themselves by calling 1-877-311-8972 or visiting www.mothertobaby.org/fasenra.
- are breastfeeding or plan to breastfeed. It is not known if FASENRA
 passes into your breast milk. You and your healthcare provider
 should decide if you will use FASENRA and breastfeed. Talk to
 your healthcare provider about the best way to feed your baby if
 you use FASENRA.

Tell your healthcare provider about all the medicines you take, including prescription and over-the-counter medicines, vitamins, and herbal supplements.

Do not stop taking your other asthma medicines unless your healthcare provider tells you to.

How will I use FASENRA?

- FASENRA is injected under your skin (subcutaneously) one time every 4 weeks for the first 3 doses, and then every 8 weeks.
- FASENRA comes in a single dose prefilled syringe and in a single dose autoinjector.
- A healthcare provider will inject FASENRA using the single-dose prefilled syringe.

- If your healthcare provider decides that you or a caregiver can give
 the injection of FASENRA, you or your caregiver should receive
 training on the right way to prepare and give the injection using the
 FASENRA PEN. Do not try to inject FASENRA until you have been
 shown the right way by your healthcare provider. See the detailed
 "Instructions for Use" that comes with FASENRA PEN tor
 information on how to prepare and inject FASENRA.
- If you miss a dose of FASENRA, call your healthcare provider.

What are the possible side effects of FASENRA? FASENRA may cause serious side effects, including:

- allergic (hypersensitivity) reactions, including anaphylax
 Serious allergic reactions can happen after you get your FASENRA
 injection. Allergic reactions can sometimes happen hours or days
 after you get your injection. Tell your healthcare provider or get
 emergency help right away if you have any of the following sympts
 of an allergic reaction:
 - swelling of your face, mouth and tongue
 - breathing problems
- · fainting, dizziness, feeling lightheaded (low blood pressure)
- o rash
- hives

The most common side effects of FASENRA include headache and sore throat.

These are not all the possible side effects of FASENRA. Call your doctor for medical advice about side effects. You may report side effects to FDA at 1-800-FDA-1088.

How should I store FASENRA?

- Store FASENRA in the refrigerator between 36°F to 46°F (2°C to 8°C).
- FASENRA may be stored at room temperature between 68°F to 77°F (20°C to 25°C) for up to 14 days.
- Once removed from the refrigerator and brought to room temperature FASENRA must be used within 14 days or thrown away.
- Store FASENRA in the original carton until you are ready to use it to prosit from light.
- Do not freeze FASENRA. Do not use FASENRA that has been frozen.
- . Do not expose FASENRA to heat.
- Do not use FASENRA past the expiration date.
- Keep FASENRA and all medicines out of the reach of children.

What are the ingredients in FASENRA?

Active ingredient: benralizumab

Inactive ingredients: L-histidine, L-histidine hydrochloride monohydrate, polysorbate 20, α,α -trehalose dihydrate, and Water for Injection

The information provided here is not comprehensive.

Ask your healthcare provider for additional information about FASENRA. You can also contact the company that makes FASENRA (toll-free) at 1-800-236-9933 or at www.fasenra.com.

FASENRA is a registered trademark and FASENRA Pen is a trademark of the AstraZeneca group of companies.

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Manufactured for: AstraZeneca LP, Wilmington, DE 19850

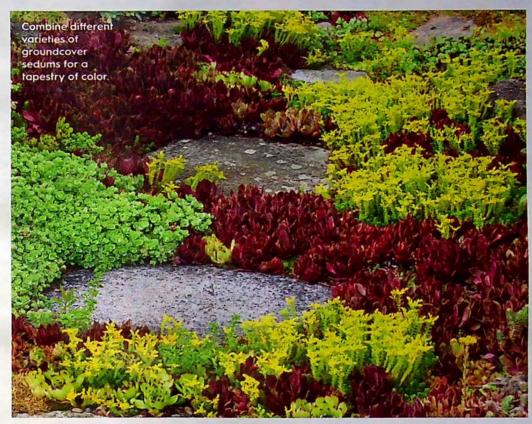
11/19 US-30267

For more information, visit FASENRA.com Or call 1-800-236-9933



[POLLINATOR-FRIENDLY]

LATE-SEASON HEROES SEDUM FLOWERS ARE AN IMPORTANT SOURCE OF POLLEN AND NECTAR, ESPECIALLY FOR MONARCH BUTTERFLIES IN FALL



- PLANTING

Plant sedums in spring, summer, or early fall to allow them time to settle into the garden before winter. They thrive in lean, gravelly soil in a rock garden and on sunny slopes. Set plants in the ground with their crowns at soil level, spreading the roots gently. Firm the soll around them and water well. Continue watering new plants a couple of times a week for the first few weeks to encourage root growth. Poke

your finger in the soil: If it's moist, wait to water. Stop watering after frost. Fertilizer isn't necessary.

MULCH

Apply an organic mulch (compost or crushed autumn leaves) around but not touching the stems of plants to help conserve soil moisture and keep soil temperature even. Brent Horvath, a sedum hybridizer and the author of The Plant Lover's Guide to Sedums, recommends

topdressing around plants with a 1-inch layer of sharp gravel (available at garden shops). It looks neat and improves drainage as it is incorporated into the soil.

- WINTER CARE

The flower clusters of groundcover sedums disappear as plants continue to grow. If you like, clip off the spent clusters with hand clippers. In spring, new growth emerges at soil level around deciduous sedums, such as 'Lidakense'. Evergreen sedums, such as 'Blue Spruce', produce fresh leaves along their stems.

PESTS AND PROBLEMS

In the right location and with proper drainage, sedums are practically care-free plants. Avoid overwatering. Deer are not likely to damage plants, but if they do eat leaves or flowers, the plants will survive.

SOURCES

bluestoneperennials .com, witsendgardens .com

PLANT **PARTNERS**

To play up their texture and forms, pair sedums with perennial flowers and ornamental grasses.



Ornamental grasses create a feathery backdrop for sedums' more structured shapes.



CATMINT

The silver foliage and soft purple flowers of catmint contrast nicely with a ribbon of sedum.



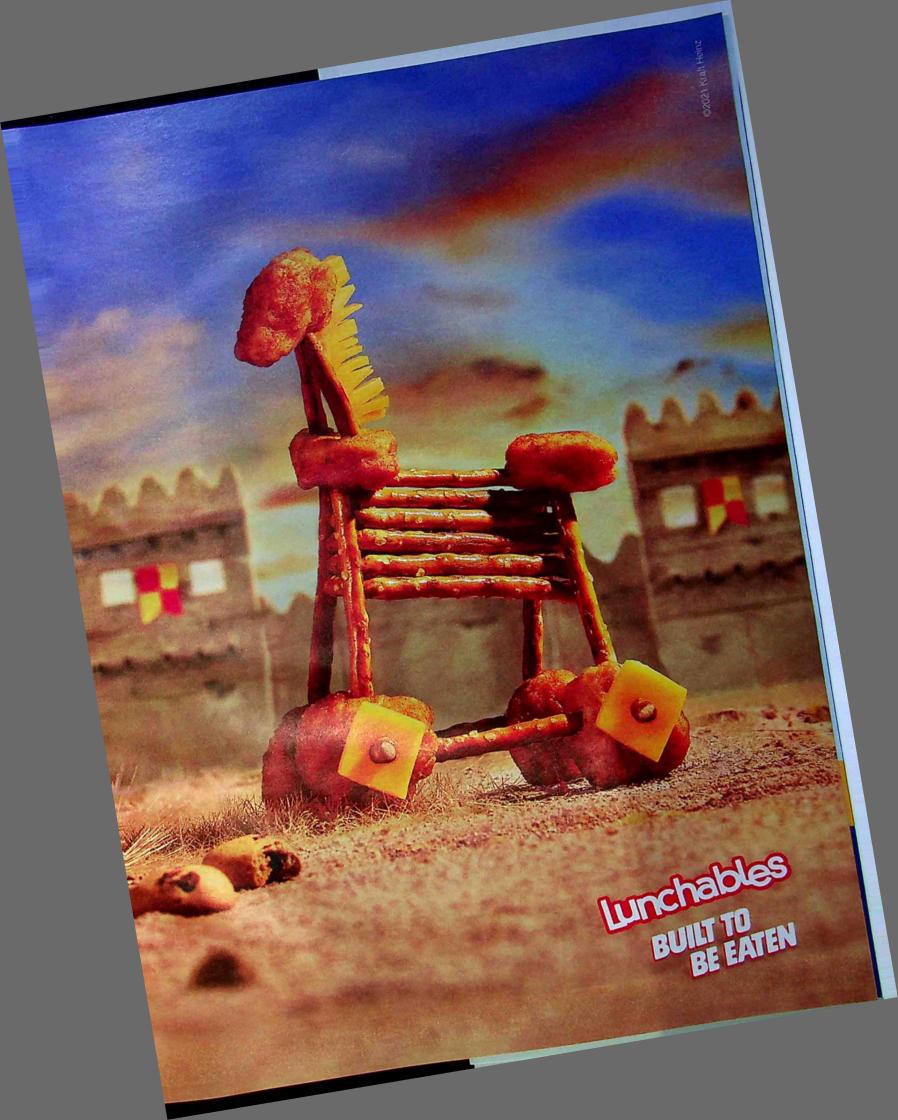
DIANTHUS

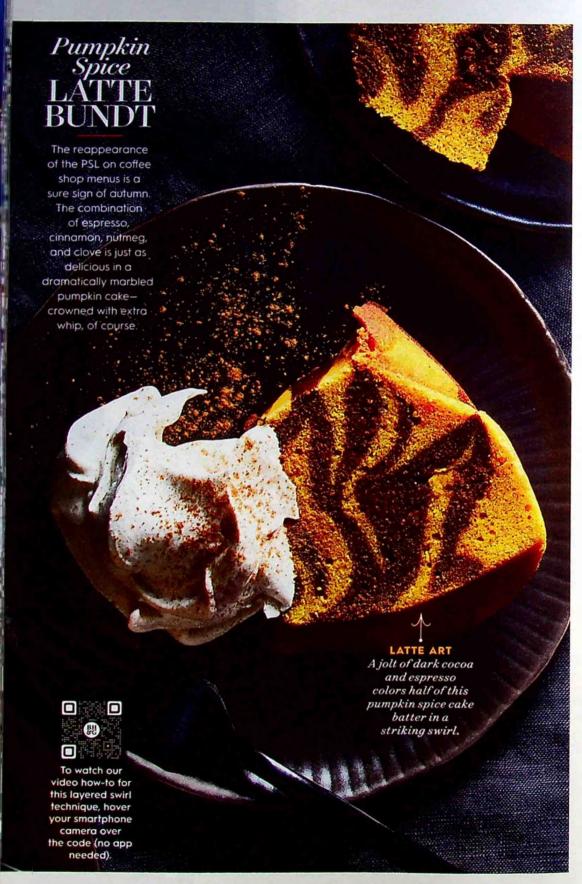
Try a bright pink dianthus like 'Firewitch' with green sedum; it will spread alongside It.



Old Fashioned MINI BUNDTS

Plenty of pound cakes have been called old-fashioned, but in the case of these mini bundts the name comes from the classic cocktail that inspired them. Bourbon and bitters form the backdrop, but orange juice and maraschino cherries keep these little nightcaps sweet.





[PAN-TASTIC]

by Minnesota-based Nordic Ware, Bundt pans were inspired by kugelhopf, an Austrian cake baked in an elaborate mold. The form now includes hundreds of shapes. Here's how to get the best results.

GREASE WELL

Using cooking spray to thoroughly grease fluted tube pans is a great way to ensure even coverage. Use a pastry brush to distribute oil into tight spots of intricate pan designs.

BE PATIENT

Because bundts are relatively large, they take more time to bake than layer cakes. Don't rush or your cake may have an underbaked center. Check for doneness using a wooden skewer.

COOL DOWN

For the easiest release, the best time to remove a bundt cake from its pan is when it has cooled slightly but while the oils in the cake are still warm. Most recipes specify 10 to 15 minutes

> RECIPES **BEGIN ON** PAGE 91.

DIPPED?
Delicious.



Chocolatey dipped flakes.

Cocoa coated flakes.

Crunchy real almonds.

S C

Do what's delicious.





Melted chocolate and chocolate chips give this cake intense flavor and color. Dusting the Bundt pan with cocoa instead of flour maintains the cake's rich silhouette while ensuring a clean release for fluted details.



"What Is IBRANCE" (palbociclib)?

IIIBRANCE is a prescription medicine used in adults to treat hormone receptor-positive (HR+), human epidermal growth factor receptor 22-negative (HER2-) breast cancer that has spread to other parts of the lbody (metastatic) in combination with an aromatase inhibitor as the first lhormonal based therapy in postmenopausal women or in men.

Important Safety Information for Patients

IBRANCE may cause serious side effects, including:

Low white blood cell counts (neutropenia). Low white blood cell counts are very common when taking IBRANCE and may cause serious infections that can lead to death. Your doctor should check your white blood cell counts before and during treatment.

If you develop low white blood cell counts during treatment with IBRANCE, your doctor may stop your treatment, decrease your dose, or may tell you to wait to begin your treatment cycle. Tell your doctor right away if you have signs and symptoms of low white blood cell counts or infections such as fever and chills.

Lung problems (pneumonitis). IBRANCE may cause severe inflammation of the lungs during treatment that can lead to death. Tell your doctor right away if you have any new or worsening symptoms, including chest pain, cough with or without mucus, and trouble breathing or shortness of breath.

Your doctor may interrupt or stop treatment with IBRANCE completely if your symptoms are severe.

Before you take IBRANCE, tell your doctor about all of your medical conditions, including if you:

- have fever, chills, or any other signs or symptoms of infection.
- have liver or kidney problems
- are pregnant or plan to become pregnant; IBRANCE can harm your unborn baby.
 - Females who are able to become pregnant should use effective birth control during treatment and for at least 3 weeks after the last dose of IBRANCE. Your doctor may ask you to take a pregnancy test before you start treatment with IBRANCE.
- Males with female partners who can become pregnant should use effective birth control during treatment with IBRANCE for at least 3 months after the last dose of IBRANCE.
- are breastfeeding or plan to breastfeed. It is not known if IBRANCE passes into your breast milk. Do not breastfeed during treatment with IBRANCE and for 3 weeks after the last dose.

The most common side effects of IBRANCE include:

- Low red blood cell counts and low platelet counts. Call your doctor right away if you develop any of these symptoms during treatment:
- o dizziness
- o bleeding or bruising more
- o shortness of breath
- easily

o weakness

o nosebleeds

Other most common side effects include: infections, tiredness, nausea, sore mouth, abnormalities in liver blood tests, diarrhea, hair thinning or hair loss, vomiting, rash, and loss of appetite.

IBRANCE may cause fertility problems in males. This may affect your ability to father a child. Talk to your healthcare provider about family planning options before starting IBRANCE if this is a concern for you.

These are not all of the possible side effects of IBRANCE. For more information, ask your doctor.

Tell your doctor about all of the medicines you take, including prescription and over-the-counter medicines, vitamins, and herbal supplements. IBRANCE and other medicines may affect each other, causing side effects.

Do not drink grapefruit juice or eat grapefruit products while taking IBRANCE as they may increase the amount of IBRANCE in your blood. Tell your doctor if you start a new medicine. Take IBRANCE exactly as your doctor tells you.

If you take too much IBRANCE, call your doctor right away or go to the nearest hospital emergency room.

You are encouraged to report negative side effects of prescription drugs to the FDA. Visit www.fda.gov/medwatch or call 1-800-FDA-1088.

Please see Important Facts About IBRANCE on the following page.

To learn more, talk to your doctor.

Can't afford your medication? Pfizer may be able to help. Visit IBRANCE.com.

*Hormone receptor-positive includes estrogen receptor-positive (ER+) and/or progesterone receptor-positive (PR+)



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April 2021

PP-IBR-USA-3608-01



IMPORTANT FACTS IBRANCE® (EYE-brans) (palbociclib)

The risk information citovided tere is not comprehensive. This manual ages not take the clace of taking to your healthcare provider accust your concern or designers. To earn more about IBRANCE talk to your healthcare or one macist. To obtain the FDA-accroved graduat abeing the 1-500-458-1985 or visit www.IBRANCE.com.

What is ERANCE?

BRANCE's a crescription medicine used in adults to treat hormone מסמע הפניבונים ה משופורים אינו

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Tell your healthcare provider about all of the medicines you to including prescription and over the counter medicines, vitames herbal supplements. IBRANCE and other medicines may after other causing side effects.

How should I take IBRANCE tablets?

- Take IBRANCE exactly as your healthcare provider tells you
- · IBRANCE tablets may be taken with or without food.
- IBRANCE should be taken at about the same time each date
- Swallow IBRANCE tablets whole. Do not chew, crush cr so = IBRANCE tablets before swallowing them.
- Do not take any IBRANCE tablets that are broken, cracked, or that look damaged.
- Avoid grapefruit and grapefruit products during treatment IBRANCE. Grapefruit may increase the amount of IEPANCE -
- Do not change your dose or stop taking IERANCE unless your healthcare provider tells you.
- If you miss a close of IBRANCE or vomit after taking a close of IBRANCE, do not take another cose on that day. Take your -dose at your regular time.
- If you take too much IERANCE, call your nealthcare provider away or go to the nearest hospital emergency room.

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Sayory start

Having fried rice for breakfast is a tasty way to eat a

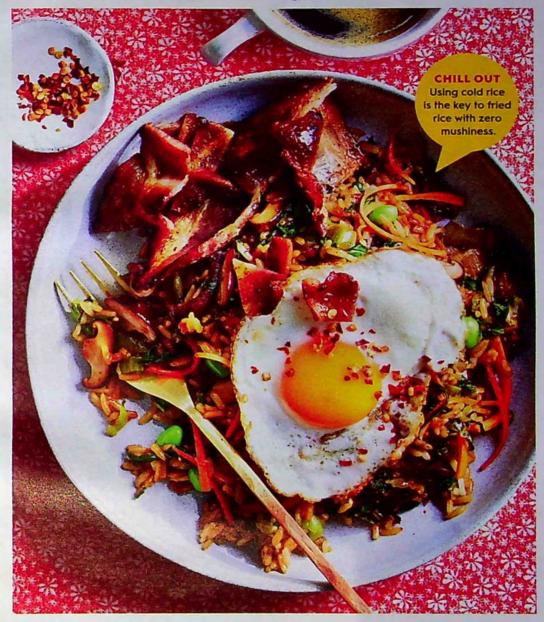
Having fried rice for breakfast is a tasty way to eat a variety of vegetables along with your bacon and eggs.

BREAKFAST FRIED RICE

Customize this dish with whatever's in the fridge. Add any raw crunchy veggies with the onion in Step 2; add any soft, leafy vegetables with the bok choy in Step 3.

START TO FINISH 30 min.

- 4 slices thick-cut bacon
- 3 Tbsp. reducedsodium soy sauce
- 1 tsp. rice wine vinegar
- 1 tsp. toasted sesame oil
- tsp. fish sauce or oyster sauce (optional)
- √₂ cup finely chopped vellow onion
- 2 oz. shiitake mushrooms, stemmed and thinly sliced
- medium carrot, cut into thin strips
- 2 cups cooked jasmine rice, well chilled
- 4 baby bok choy, trimmed and thinly sliced (5 oz.)
- 1/2 cup frozen shelled edamame, thawed
- 2 tsp. minced garlic
- Tbsp. minced ginger
- 2 eggs Crushed red pepper (optional)
- 1. Cook bacon in a
 12-inch nonstick skillet
 over medium until crisp,
 turning occasionally.
 Meanwhile, stir together
 soy sauce, vinegar,
 sesame oil, and fish
 sauce (if using). Remove
 bacon to paper towels



to drain. Pour drippings Into a heatproof container.

2. Return skillet to medium. Add 2 Tbsp. bacon drippings. Cook onion, mushrooms, and carrot 4 minutes or until lightly browned, stirring occasionally. Push mushroom mixture to one side.

Add rice to the other side; cook 2 minutes without stirring.
3. Stir together rice

and mushroom mixture; top with bok choy and edamame. Cook 2 minutes without stirring. Stir to combine. Add garlic and ginger; cook 1 minute without stirring. Stir to combine; cook 1 minute. Pour soy sauce mixture over rice mixture; stir to combine. Divide rice between plates. Top with bacon.

4. Return skillet to medium-high. Add an additional 1 Tbsp. bacon drippings. Fry the eggs to desired doneness. Top each serving with an egg and, if you like, sprinkle with crushed red pepper. Serves 2.

PER SERVING 506 cal, 16 g fat (4 g sat fat), 202 mg chol, 1,074 mg sodium, 65 g carb, 6 g fiber, 8 g sugars, 25 g pro





from tree stumps. The tricks: Give paper leaf cutouts a watercolor treatment. Wrap wires with paper and shape them into mushroom stems. For the mushroom caps, form gills from pieces of folded paper. (See instructions on page 94.)

 $\begin{array}{c} \text{CAP} \\ \text{itOFF} \end{array} \\ \text{considered a symbol of good things to come, the acorn is right at home on a} \\ \text{dining table. Personalize each place setting with a cluster of 3-D paper acorns affixed} \\ \text{to a twig, opposite. White gel ink on a paper leaf place card completes the look.} \\ \end{array}$





As founder and chief creative officer of David Stark Design and Production. Stark orchestrates artful events for clients such as Target and Louis Vuitton. He and his team also dream up handmade home decor, such as the pieces here "Paper is very accessible, and it complements other natural materials," he says. To be able to reuse these projects each year, he recommends keeping them away from direct sunlight.



Find templates for leaves and 3-D paper structures by hovering your smartphone camera over this code.



FOLLOW

the TRAIL To unite an assortment of pumpkins and gourds snugged in the center of a table or lined up on a mantel, intertwine a vine. Dress up a bare vine with longlasting leaves cut from two colors of green paper you spatter with brown paint.



beautiful HARVEST

Paper sculptures reimagine humble staples of the season as home accents. Each squash, apple, gourd, and pear consists of eight identical pieces of folded paper. Draw inspiration from the farmers market to add distinction with painted detailing, paper-punched gourd warts, and real twig stems.

organic ORDER Turn an assortment into a collection by grouping natural finds and crafted imitations on a tabletop. Fill cloches open-end up, cover with a piece of cardboard, then invert and slide out the cardboard. HOW-TO WORKBOOK ON PAGE 94.

OTOGRAPHER AGENT PAT BATES & ASSOCIATES

MODERN HSTORY



BUILT NEARLY 60 YEARS AGO, BRANDI AND DAVE

ADOFF'S MIDCENTURY HOME MELDS THE BEST OF THE

PAST WITH MOTHER NATURE'S ALWAYS FRESH APPEAL.



But this 1963 home is both a perfectly preserved snapshot of its era and looks like trouble have been born yesterday. Architect Robert Morrison and his wife bought the lot when they were in their early 20s and built much of the house themselves, using fir and Western red cedar they shipped over from Oregon in a boxcar. "We wanted to make a house that became a part of nature," says Morrison, now 85. "So I designed it to float in the woods and just hang in the big trees."

Brandi and Dave Adoff, the third-ever owners of the home, are committed to preserving its timeless beauty by leaning into original details. Walls of windows put the focus on gardens beyond the glass, and serene, minimalist lines abound (you won't spot any ornate crown moldings or distracting curvy spindles here). The couple are especially fond of the cozy woodsy tones, which many people might paint over to suit today's proclivity for white trim. "We love the red cedar ceilings throughout the house-even in the carport and the outside porches. They're so warm," Brandi says. A color enthusiast and fervent DIYer who finds comfort in quilting, she dotted each space with vibrant hues like teal and burnt orange. "It's a happy color combination I use over and over."

Ever faithful to the home's roots, they also chose as much midcentury furniture as they

could. "I like to find vintage," says Brandi, who advises biding time until you find pieces with a personal draw. Case in point: When she remodeled the guest bath, she waited on buying a mirror, finally spotting one for \$40 at a church sale that was "handmade and has the guy's initials on the side," she says. With care and skill, she and Dave are preserving this midcentury gem for their present-day enjoyment and beyond.

SPACE PLAN

In an open plan living space like this, Brandi suggests keeping seating profiles low and loungy so they maximize views around the room and enhance sight lines out the windows. Arranging furnishings so they face each other helps create coziness. Brandi also suggests separating a sectional, placing pieces "so you can converse.







ARTFULLY ARRANGED

The previous owners opened up the galley kitchen to the living room, left. "That's one of my favorite things they did, making it one giant entertaining space. We certainly would've done that if they hadn't," Brandi says. She added the statement range hood and matching stainless-steel counter stools. An orange KitchenAid mixer and a collection of vintage and reproduction jadeite bowls and glass cake plates amplify the original 1960s style





THE BONES OF THE **HOUSE ARE** AMAZING. SOANY **UPDATES** WEMADE **WERE TO** HIGHLIGHT WHAT WAS ALREADY THERE.

BRANDI ADOFF

COZY NOOKS

Morrison designed small, 7-foot-high alcoves, above, off the 10-foottall living room to create homey hideaways-a feature typical in midcentury architecture. Brandi painted beams in Sherwin-Williams Urbane Bronze to add to the snug feel.

DISPLAY CASE

The couple were careful to preserve built-in bookshelves, left, that the architect designed and built himself. If you want shelving that looks like this, Brandi says Elfa's Décor system (containerstore.com) strikes a similar note.



DIY TOUCH

An antique rug found at a flea market hangs as art in the guest bedroom, left. It kicked off the blocky design of quilts Brandi makes from thrifted vintage fabric. Also thrifted is a wall sconce topped with a shade Brandi wrapped in leftover upholstery fabric.

RETRO FIT

Built-ins are a hallmark of midcentury homes. Morrison created this nook, right, for his wife, who loved to sew; Brandi carries on the crafting torch, using this space for her quilting projects. She furnished the room with a vintage tulip chair and stool in keeping with the '60s aesthetic.

NATURAL CONNECTION

In the guest bath, right, Brandi opted for finishes that felt era- and locationappropriate, including Woods wallpaper, first designed In 1959 by Cole & Son. It's "a nod to the trees outside," she says. Brandi and Dave's contractor built a new vanity, with hidden hardware that makes it look as If it's a single piece of wood. "I wanted it to look like it had always been here," Brandi says. A black faucet and pendant lights give the space a modern edge.





COURTS TOOL CLANS

MENYS MEXICO

OVER THE COURSE OF HER LIFE, MELY MARTÍNEZ HAS
PACKED AND UNPACKED MORE THAN 30 TIMES, TRAVERSING
HER NATIVE MEXICO AND THE UNITED STATES, PICKING
UP FLAVORS, INGREDIENTS, AND RECIPES ALONG THE WAY.

For years, Mely Martínez and her husband, David, kicked off every relocation with the same ritual: "We'd hang a map of our new city in the kitchen and add pushpins for everywhere we wanted to eat," says Mely, who now calls Dallas home. "For me, the best way to understand a place is through its food."

It's a viewpoint she has held since her childhood in Tampico, a port city in the northeastern Mexican state of Tamaulipas, where she made a habit of stopping by friends' houses just to taste what was coming out of the kitchen. "My mom would get so angry and say, 'Everyone will think we don't feed you!" she says with a laugh.

Mely's culinary adventures kicked into high gear when she left home at 20 to teach in a rural area near the border of Guatemala. Visiting the homes of her new neighbors, she was shocked to learn that nopales, the cactus paddles so prized by cooks in her northern hometown, were considered pig food in the south, and yucca flowers, just a pretty part of the scenery where she was from, were used here in a delicious version of scrambled eggs.

After she and David married, Mely began re-creating in her own kitchen many of the new dishes she encountered, filling the car with peppers, herbs, and other local ingredients on their frequent travels. She also began exploring food online, becoming an active participant in several

Latin food forums and, in 2008, establishing her blog, Mexico in My Kitchen. "I started it for my son, David," she says. "I thought that wherever he lives when he grows up, he could find all his mom's recipes. It would be a chance for him to re-create home and share our culture."

Her cookbook, *The Mexican Home Kitchen*, is a continuation of that idea. "I want to preserve this



Mely Martínez at home in her Dallas kitchen.

very important part of our culture for the next generation," Mely says. "What we see in the States is about 1 percent of what Mexico has to offer in terms of food. There's so much more to explore."

BY JENNY COMITA PHOTOS CARSON DOWNING PRODUCED BY CARRIE BOYD FOOD STYLING KELSEY MOYLAN & GREG LUNA PROP STYLING STEPHANIE HUNTER



THE SOUTHEAST

The bulk of this region sits on the Yucatán Peninsula, bordered by the Gulf of Mexico and the Caribbean Sea. Over the centuries, native Mayan staples have fused with flavors introduced by traders and immigrants from Europe and the Middle East. The region

Middle East. The region is perhaps best known for pibil—meat that's marinated, wrapped in banana leaves, and barbecued—but these open-face salbutes, left, are a bit more weeknight-friendly.



"These are Yucatán's version of tostadas," Mely says. "Fried tortillas get topped with turkey, veggies, and quickpickled onion."





TETELAS MAKE ME
THINK OF A
HEALTHIER VERSION
OF PIZZA POCKETS,"
MELY SAYS, SERVE
THEM WITH CREMA,
QUESO FRESCO,
AND SALSA.

OAXACA

"The flavors of Oaxaca are very distinct," Mely says. "The recipes use ingredients that are central to their cooking but don't grow anywhere else in the country." Another hallmark: chocolate, which Oaxacans use in hot beverages and their famous mole negro, a silky, deeply flavorful sauce.

TETELAS

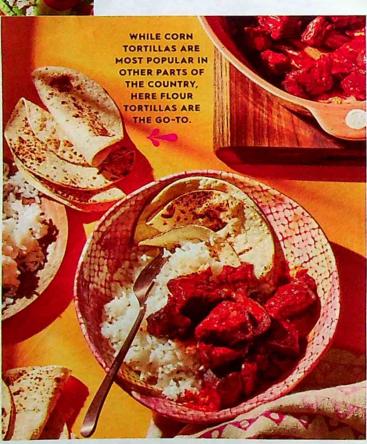
"In Oaxaca, tetelas, above, are sold by sidewalk vendors, at food stands, and even in restaurants," Mely says of these triangleshape treats, which are made from corn masa and stuffed with a black bean mash.

THE NORTHEAST

This large reglon is known for its ranches. It's only natural, then, that the food here is meat-heavy. "Cookouts are a way of life," according to Mely. "And asado de puerco, right, is often served on farms for big celebrations—weddings, baptisms, and birthdays."

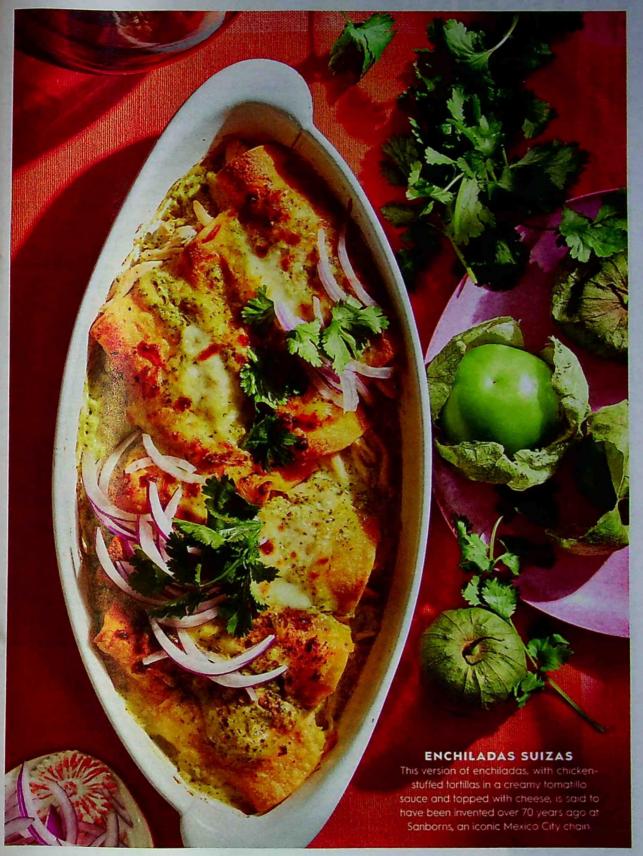
ASADO DE PUERCO (PORK STEW)

Most braised pork dishes cook for hours. This one is done in a fraction of the time but you'd never guess it once you taste the rich, dried-chile sauce.





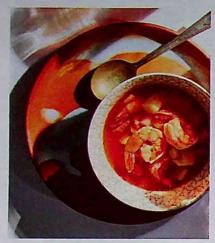




MEXICO

CENTRAL "Mexico City and the areas around it are the oldest parts of the country and where many of the dishes eaten all over Mexico have their origins," Mely says. "Walk into a diner anywhere in the country and you will find chilaquiles, huevos rancheros, and enchiladas suizas—all of those dishes are from here."

cookbook



RECIPES FROM PAGES 82-87

MELY'S MEXICO

Recipes by Mely Martinez, author of The Mexican Home Kitchen.

CALDO DE CAMARÓN (SHRIMP SOUP)

"If you can't find fresh epazote, you can use dried epazote or fresh cilantro," Mely Martinez says. Substitute ½ tsp. dried epazote or 3 to 4 Tbsp. cilantro. HANDS-ON TIME 45 min.
TOTAL TIME 1 hr.

- lb. raw shrimp, shells removed and reserved
- 1/2 of a medium white onion
- 4 garlic cloves, peeled
- 1 bay leaf
- 1 lb. plum tomatoes
- 1 chipotle pepper in adobo
- 11/4 cups diced carrots
- 11/4 cups diced peeled potatoes
- 4 large fresh epazote leaves Warm corn tortillas and lime wedges
- 1. For shrimp stock: In a saucepan combine reserved shrimp shells, % onion, two of the garlic cloves, the bay leaf, and 5 cups water. Bring to boiling over medium-hlgh. Reduce heat; simmer 8 minutes. Remove from heat and strain.
- 2. Meanwhile, place tomatoes and the remaining 1/2 onion and two garlic cloves on a hot griddle or in a cast-iron skillet over medium, turning occasionally

for an even roast, about 8 minutes.*
(Remove garlic promptly as it browns.
If it burns, it will be bitter.)

- **3.** Place roasted tomatoes, onion, garllc, and the chipotle in a blender or food processor. Cover: blend until smooth.
- 4. In a medium saucepan heat 2 Tbsp. olive oil over medium. Add carrots; cook 2 minutes. Stir in potatoes; cook 6 minutes, stirring often.
- 5. Strain tomato mixture through a fine-mesh strainer into the saucepan with the carrots and potatoes. Bring to boiling. Reduce heat and simmer 10 minutes. Add shrimp stock and shrImp. Gently simmer 5 to 7 minutes or until shrimp are a light pink-orange color but still look firm. (Don't overcook or shrimp will have a rubbery texture.) Add the epazote and cook 2 more minutes, then season with kosher salt and black pepper. Serve immediately with tortillas and lime wedges. Serves 6. *TIP You can also roast the tomatoes, onion, and garlic in the oven: Roast 20 minutes at 425°F on a parchment paper-lined baking sheet. PER SERVING 209 cal, 6 q fat (1 q sat fat), 106 mg chol, 227 mg sodium, 25 g carb, 4 g fiber, 4 g sugars, 16 g pro

SALBUTES

START TO FINISH 35 min.

- 1 medium red onion, sliced
- 1/4 cup white vinegar or lime juice
- ½ tsp. dried Mexican oregano or marjoram, crushed
- 2½ cups shredded cooked turkey or chicken
- 1/4 tsp. garlic powder
- 1/4 tsp. onion powder
- 1/2 cup vegetable oil
- 12 corn tortillas
- 3 cups shredded lettuce
- 2 plum tomatoes, sliced
- 1 cucumber, sliced
- 1 avocado, sliced
- In a medium saucepan heat 2 cups water. Once boiling, remove from heat. Add onion.
 Stir and let slt 2 minutes; drain.
 Place onlon in a glass bowl.
 Add vinegar, oregano, and

- ¼ tsp. kosher salt. (Refrigerate pickled red onions up to 2 weeks.)
- 3. Place turkey in a bowl and season with garlic powder, onion powder, ½ tsp. salt, and ½ tsp. black pepper. Mix well.
- **4.** In a large frying pan heat oil over medium. Once hot, place two tortillas at a time into the oil to lightly fry them. As you work, transfer tortillas to a paper towel-lined plate to drain excess oil.
- **5.** To assemble salbutes, top tortillas with lettuce, turkey, tomatoes, cucumber, and avocado. Add pickled onlons and, if you like, serve with red salsa. Serves 6. PER SERVING 280 cal, 9 g fat (2 g sat fat), 59 mg chol, 139 mg sodium, 30 g carb, 6 g fiber, 4 g sugars, 21 g pro

ASADO DE PUERCO (PORK STEW)

Mely adds a small piece of avocado pit to this dish's blended sauce. "I find it thickens the sauce a bit, and some people think it helps temper acidity," she says. We tested with and without the pit with equally delicious results. HANDS-ON TIME 20 min.
TOTAL TIME 1 hr. 45 min.

- 2 Ib. boneless pork shoulder, cut into 1½-Inch cubes
- 2 Tbsp. vegetable oil or lard
- 4 dried ancho peppers
- 4 dried guajllo peppers
- 2 Tbsp. white vinegar
- 3 garlic cloves
- 1 V₂-inch stick Mexican cinnamon or cinnamon
- 8 black peppercorns
- 1 tsp. dried Mexican oregano or marjoram, crushed
- 2 bay leaves
- 2 whole cloves
- 1/2 tsp. cumin seeds
 - 1/2 tsp. dried thyme
 - of an avocado pit (optional) Rice and/or warm corn tortillas
 - 1. Place pork in a large stockpot and add enough water to cover meat. Cook over medium-high until meat is tender and water has evaporated, 45 to



THE MEXICAN
HOME KITCHEN,
\$28; guartoknows.com

Spill the beans: the secret is in the beans.



GOYA® Red Kidney Beans, real quality for Real-Life Chefs.

Three Bean Vegetarian Chili

Ingredients

- 1 can (15.5 oz.) GOYA® Red Kidney Beans,
- 1 can (15.5 oz.) GOYA® Black Beans, drained and rinsed
- 1 can (15.5 oz.) GOYA® Pinto Beans, undrained
- 3 tbsp. GOYA® Extra Virgin Olive Oil
- 1/2 medium yellow onion, finely chopped
- 1 medium carrot, peeled and cut into 1/4° pieces
- 2 small green and/or yellow zucchini, cut into 1/4" pieces
- 2 tsp. chili powder
- 2 tsp. GOYA® Minced Garlic
- 1 pepper, finely chopped, plus 1 tsp. sauce from 1 can GOYA® Chipotle Peppers in Adobo Sauce
- 1 can (28 oz.) GOYA® Crushed Tomatoes
- ½ tsp. GOYA® Adobo All-Purpose Seasoning with Pepper

For step-by-step instructions, visit goya.com/beanchili

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cookbook

60 minutes. (If meat isn't tender, add more water, ½ cup at a time, and continue cooking, checking every 15 minutes.) Add the vegetable oil and continue cooking until meat is slightly browned, about 5 minutes.

- 2. Meanwhile, preheat a large skillet or comal (a flat griddle) over medium-high. Slice open the anchos and guajillos; seed and devein. Slightly toast 30 to 40 seconds on each side, being careful not to burn them (burned chiles will make the dish taste bilter). Place toasted chiles in a bowl; add enough hot water to cover. Soak 20 minutes; drain.
- **3.** In a blender combine ¾ cup water,* half of the chiles, the vinegar, garlic, cinnamon stick, peppercorns, oregano, bay leaves, cloves, cumin seeds, thyme, and, if using, the avocado pit. Cover; blend at least 1 minute or until smooth. Add an additional ½ cup water; blend. Add the remaining chiles, a little at a time; blend until smooth, adding more water as needed.
- 4. Strain sauce through a fine-mesh strainer into the pot with pork. Cook over medium 10 minutes, stirring frequently to prevent sticking. Add more water as needed and season with ½ tsp. kosher salt. Keep heating and stirring until sauce thickens to the consistency of thick gravy, about 15 minutes. Serve with rice and/or corn tortillas. Serves 6. *TIP If you have a high-performance blender, blend the sauce all at once, adding 2 cups water with the toasted chiles and spices.

PER SERVING 261 cal, 11 g fat (2 g sat fat), 91 mg chal, 280 mg sodium, 5 g carb, 1 g fiber, 35 g pro

TETELAS

Mexican crema is similar to sour cream, but has a mild flavor and pourable texture. Look for it in Mexican markets and big grocery stores. If you can't find it, thin some sour cream with milk.

START TO FINISH 30 min.

- 2 cups masa harina
- 1 recipe Refried Black Beans (right) or 1½ cups purchased refried black beans
- 3/4 cup Mexican crema

3/4 cup crumbled queso fresco Green and/or red salsa

- 1. Mix masa harina with 1½ cups warm water and knead well to form a smooth dough. If the dough feels a little too dry, add up to 2 Tbsp. additional warm water, a little at a time.
- 2. Divide dough into 12 balls; cover with a damp kitchen towel to prevent dough from drying out while you work. Heat a comal (or griddle) over medium-high.
- **3.** Working one at a time, place a masa ball between two sheets of plastic wrap and gently press using a tortilla press or under a glass pie dish. (Tortilla should measure about 6 inches in diameter.)
- 4. Peel top plastic wrap away from tortilla. Spread with about 1 Tbsp.
 Refried Black Beans. Visually divide the tortilla into thirds. Using bottom piece of plastic wrap, fold in one side of tortilla to cover about half of the beans; fold a second side in over beans, overlapping the first side and forming a point at the bottom. Fold down remaining side to make a triangle.
- 5. Remove plastic wrap and place tetela on the griddle. Cook 1 minute; flip over and cook 2 to 3 minutes more. Flip to original side and cook 1 minute more. Move to a plate; cover to keep warm. Repeat with remaining masa and beans.
- **6.** Serve with crema, queso fresco, and salsa. Makes 12.

REFRIED BLACK BEANS Using a small blender or food processor, puree 1½ cups cooked black beans (or one 15-oz. can, drained). In a skillet heat 2 Tbsp. vegetable oil or lard over medium. Add ½ cup chopped onion; cook and stir until softened. Add bean puree, stirring to prevent sticking. PER TETELA 176 cal, 8 g fat (3 g sat fat), 15 mg chol, 107 mg sodium, 23 g carb, 4 g fiber, 1 g sugars, 5 g pro

BAJA FISH TACOS HANDS-ON TIME 25 min.

TOTAL TIME 45 min.

- 1 lb. cod, halibut, or other whitefish
- 11/2 cups all-purpose flour
- √₂ tsp. dried Mexican oregano or marjoram, crushed

- 1/2 tsp. garlic powder
- 1 cup light beer
- 11/2 cups vegetable oll
- 2 plum tomatoes, diced
- ½ cup chopped white onion
 fresh serrano peppers (seeded and develned if desired), diced
- 1/3 cup chopped fresh cilantro
- 2 Tbsp. plus 1 tsp. lime juice
- 1/2 cup Mexican crema or sour cream
- 1/3 cup mayonnaise
- 12 corn tortillas, warmed
- 1½ cups finely shredded cabbage Lime wedges, salsa verde, and/or red salsa
- 1. Cut the fish across the grain into 1-inch strips. Season with kosher salt and black pepper. In a dish place ½ cup of the flour. Dredge fish in flour to coat.
- 2. In a medium bowl combine the remaining 1 cup flour, the oregano, garlic powder, ½ tsp. kosher salt, and ½ tsp. black pepper. Pour a small amount of the beer into the flour mixture, whisking as you pour and adding enough (up to 1 cup) to make a batter similar to pancake batter.
- **3.** In a large frying pan or Dutch oven heat the vegetable oil over medium-high. Once oil is hot, and working in batches, dip a few pieces of fish in batter, gently shake over the bowl to let excess drip off, then carefully drop into oil. Cook 2 to 3 minutes or until golden brown. Flip; cook an additional 2 minutes. Transfer fish to a paper towel-lined plate to drain. Repeat with remaining fish.
- 4. For pico de gallo: In a medium bowl combine tomatoes, onion, serranos, and cilantro. Add 2 Tbsp. lime juice and kosher salt to taste.
- 5. In a small bowl stir together crema, mayonnaise, and the remaining 1 tsp. lime juice. Season with 1/6 tsp. each salt and pepper. If desired, add 1 to 2 Tbsp. water to make a drizzling consistency.
- **6.** Top tortillas with fish, cabbage, pico de gallo, and a drizzle of the crema mixture. Serve with lime wedges and/or salsa. Serves 4.

PER SERVING 695 cal, 30 g fat (7 g sat fat), 76 mg chol, 652 mg sodium, 71 g carb, 5 g fiber, 5 g sugars, 30 g pro

BEEF BIRRIA

Mely likes to use a combination of beef cuts—chuck, shank, oxtail—using at least one bone-in cut for a rich, meaty flavor. HANDS-ON TIME 45 min.
TOTAL TIME 8 hr. 45 min., includes

TOTAL TIME 8 hr. 45 min., include marinaling

- 4 Ib. beef roast (4 Ib. boneless chuck or 3 Ib. boneless chuck plus 1 to 2 Ib. oxtail or beef shank)
- 3 dried ancho peppers
- 6 dried guajillo peppers
- 2 large tomatoes
- 1/2 of a medium white onion, sliced
- 4 garlic cloves, peeled
- 4 whole cloves
- 1/2 tsp. cumin seeds
- 1/2 tsp. black peppercorns
- 1/2 cup white vinegar
- 1 tsp. dried Mexican oregano or marjoram, crushed
- 1-Inch stick Mexican cinnamon
 or cinnamon
- 1 1/4-inch piece fresh ginger (optional)
- ½ tsp. dried marjoram Chopped white onion Chopped fresh oregano or cilantro Warm corn tortillas, lime wedges, and salsa
- 1. Place beef in a large greased baking dish; season with kosher salt and ground black pepper.
- 2. Preheat a large skillet or comal over medlum-high. Slice open the anchos and guajillos; seed and devein. Slightly toast 30 to 40 seconds on each side, being careful not to burn them (burned chiles make the dish taste bitter). Place chiles in a bowl; add enough hot water to cover. Soak 20 minutes; drain.
- **3.** Meanwhile, place tomatoes, onion slices, and garlic in the skillet over medium to roast, turning occasionally for an even roast, about 8 minutes (see tip, p. 88). (Remove garlic promptly as it browns. If it burns, it will be bitter.)
- 4. Briefly toast the whole cloves, cumin seeds, and peppercorns in the skillet, about 30 seconds.
- 5. In a blender combine toasted chiles; roasted tomatoes, onion, and garlic; toasted spices; vinegar; oregono; cinnamon; ginger (if using); marjoram; and 1 tsp. kosher salt. Cover and blend

until smooth, adding a few tablespoons of water as needed to mix thoroughly.

- **6.** Pour sauce over the beef. Cover with foil; refrigerate 4 hours or overnight.
- 7. Preheat oven to 350°F. Bake beef, covered, 4 hours or until fork-tender. Shred and serve in bowls with broth; garnish with chopped onlon and oregano. Serve with tortillas, lime wedges, and salsa. Serves 8.

 TIP You can make this in the slow

cooker: Prepare as directed through Step 6, then cook on low 6 to 8 hours. PER SERVING 386 cal, 13 g fat (3 g sat fat), 143 mg chol, 316 mg sodium, 25 g carb, 6 g fiber, 3 g sugars, 44 g pro

ENCHILADAS SUIZAS

HANDS-ON TIME 35 min. TOTAL TIME 1 hr.

- 12 oz. tomatillos, husked and washed (6 to 8 tomatillos), or one 11-oz. can tomatillos, drained
- fresh serrano peppers or
 jalapeño pepper (seeded and deveined if desired)
- 1/4 of a medium white onlon
- 1 garlic clove
- 1/2 cup Mexican crema or sour cream
- 1/2 cup chopped fresh cilantro
- 12 corn tortillas
- 2 to 3 cups shredded cooked chicken
- 1/4 tsp. onion powder
- 1/4 tsp. garlic powder
- cup shredded Oaxaca or
 Swiss cheese
 Thinly sliced red onlon, chopped
 fresh cilantro, and/or Mexican
 crema or sour cream
- 1. For salsa verde: In a large saucepan bring tomatillos, serranos, white onion, garlic, and 4 cups water to boiling. Reduce heat; simmer 15 minutes or until tomatillos are tender. Let cool. Using a slotted spoon, transfer vegetables to a blender; add 1 cup of the cooking liquid. Add crema and the ½ cup chopped cilantro; cover and blend until pureed.

 2. In a large skillet heat 2 Tbsp. vegetable oil over medium. Using tongs, dip tortillas, one at a time, into
- vegetable oil over medium. Using tongs, dip tortillas, one at a time, into the oil a few seconds per side to soften them, adding more oil as needed. As you work, transfer tortillas to a

paper towel-lined plate to drain.

- Season chicken with the onion powder, garlic powder, kosher salt, and black pepper.
- 4. Preheat oven to 350°F. Spread one-third of the salsa verde in the bottom of a greased 2-qt. baking dish. Fill the center of a tortilla with chicken, roll it up, and arrange in baking dish, seam side down. Repeat with remaining tortillas and chicken.
- **5.** Cover enchiladas with the rest of the salsa verde; sprinkle with cheese.
- **6.** Bake 25 to 30 minutes or until cheese starts to turn golden. Garnish with red onion and cilantro, and serve with crema or sour cream. Serves 4.

MAKE-AHEAD Prep through Step 4, cover tightly, and refrigerate up to 2 days. Bake as directed, increasing baking time to 35 minutes. (Mely recommends using a quality corn tortilla. Cheaper tortillas may start to break down during storage.)

PER SERVING 547 cal, 27 g fat (10 g sat fat), 107 mg chol, 439 mg sodium, 46 g

BOTTOMS UP

carb, 7 g fiber, 9 g sugars, 32 g pro

OLD FASHIONED MINI BUNDT CAKES

HANDS-ON TIME 25 min.
TOTAL TIME 1 hr. 45 min.

- ソタ cup orange juice
- ⅓ cup bourbon
- 11/4 cups all-purpose flour
- 11/4 tsp. baking powder
- 1/2 tsp. baking soda
- 's cup plus 3 Tbsp. unsaited butter, softened
- 3/4 cup plus 3 Tbsp. granulated sugar
- 1 egg
- 1 egg yolk
- 1 tsp. Angostura bitters
- 1/2 tsp. vanilla
- 1/3 cup boiling water
- 11/2 cups powdered sugar
- 1 to 2 Tbsp. orange juice
- 6 cocktail or maraschino cherries Orange zest, cut into wide strips with a vegetable peeler

cookbook

- 1. Preheat oven to 350°F. Coat six 1-cup mini fluted tube pans (or six 3½-inch muffin cups) with nonstick baking spray. In a liquid measuring cup combine the ½ cup orange juice and the bourbon. In a medium bowl whisk together flour, baking powder, baking soda, and 1 tsp. kosher salt.
- 2. In a large bowl beat the ½ cup butter with a mixer on medium 30 seconds. Add the ¾ cup granulated sugar; beat 2 minutes. Add egg and egg yolk, one at a time, beating well after each. Beat in bitters and the vanilla. Add flour mixture. Beat just until combined, scraping sides of bowl as needed. Add ½ cup of the bourbon mixture and the boiling water. Beat on low just until incorporated. Divide batter evenly among pans.
- **5.** Bake 20 minutes (18 to 20 minutes for the muffin cups) or until a wooden skewer comes out clean.
- 4. Meanwhile, for syrup: In a small saucepan combine 3 Tbsp. of the bourbon mixture with remaining 3 Tbsp. each granulated sugar and butter. Cook, stirring, over medium until sugar dissolves and mixture comes to a simmer.
- **5.** Using a toothpick, poke holes in each cake. Slowly spoon syrup evenly over cakes. Cool in pans 1 hour or until cakes absorb syrup. Remove cakes from pans.
- 6. For glaze: In a medium bowl combine the remaining bourbon mixture, the powdered sugar, an additional few dashes of bitters to taste, and the 1 to 2 Tbsp. orange juice to make drizzling consistency. Drizzle over cakes. Top with cherries and orange zest. Makes 6.

 PER MINI CAKE 543 cal, 18 g fat (10 g sat fat), 104 mg chol, 411 mg sodium, 86 g carb, 1 g fiber, 64 g sugars, 4 g pro

PUMPKIN SPICE LATTE BUNDT CAKE

HANDS-ON TIME 30 min. TOTAL TIME 1 hr. 20 min.

- 2 Tbsp. Instant espresso coffee powder
- 3/4 cup evaporated milk
- 21/3 cups cake flour
- 2 tsp. baking powder
- 2 tsp. pumpkin ple spice

- 11/4 cups sugar
- 1/2 cup butter, softened
- 11/4 cups canned pumpkin
- 2 eggs
- 2 egg whites
- 1 tsp. vanilla
- 3 Tbsp. dark unsweetened cocoa powder Sweetened whipped cream
- 1. Heat oven to 350°F. Lightly coat 10-inch fluted tube pan with *nonstick* baking spray.
- 2. In a small bowl combine espresso coffee powder and 1 Tbsp. of the evaporated milk; stir until dissolved.
- **3.** In a medium bowl stir together flour, baking powder, pumpkin pie spice, and ½ tsp. kosher salt. In a large bowl beat the sugar and butter with a mixer on medium to high 1 minute or until light and fluffy. Add pumpkin, eggs, egg whites, vanilla, and ½ cup vegetable oil; beat on low to combine. Alternately beat in flour mixture and remaining evaporated milk.
- **4.** Transfer half of the batter to a medium bowl. Add espresso mixture and cocoa powder; fold together.
- **5.** Place each batter in separate piping bags; pipe stripes into bottom of prepared pan. (Or using a cookie scoop, place a scoop of pumpkin batter into prepared pan; let it

spread slightly. Place scoop of espresso batter directly on top of pumpkin batter. Alternate batters, allowing each to spread between scoops; batters will flow to fill bottom of pan.)

- 6. Bake 40 minutes or until a wooden skewer comes out clean. Cool cake in pan on a wire rack 10 minutes. Remove cake from pan; cool completely.
- Serve cake with whipped cream and sprinkle with additional pumpkin pie spice.
 Serves 12.

PER SERVING 373 cal, 18 g fat (8 g sat fat), 60 mg chol, 281 mg sodium, 49 g carb, 2 g fiber, 23 g sugars, 6 g pro

HOT CHOCOLATE MARSHMALLOW BUNDT CAKE

HANDS-ON TIME 30 min.
TOTAL TIME 1 hr. 30 min.

- 4 oz. unsweetened chocolate, chopped (²/₃ cup)
- 1 Tbsp. unsweetened cocoa powder
- 13/4 cups all-purpose flour
- 1/3 cup malted milk powder
- 1 tsp. baking soda
- 3/4 cup butter, softened
- 1½ cups granulated sugar
- 3/4 cup packed brown sugar
- 3 eggs, at room temperature
- 21/2 tsp. vanilla
- 3/4 cup semisweet chocolate chips
- 2 egg whites
- 1/4 tsp. cream of tartar
- 1/4 cup light-color corn syrup
- Preheat oven to 350°F. In a small bowl microwave unsweetened chocolate 1 to 2 minutes or until melted, stirring every 30 seconds. Cool slightly.
- 2. Coat a 10-inch fluted tube pan with nonstick baking spray. Add cocoa powder. Shake and tilt pan to coat interior; discard excess cocoa powder. In a medium bowl stir together flour, milk powder, baking soda, and ½ tsp. salt.
- 3. In a large bowl beat butter with a



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mixer on medium to high 30 seconds. Add 1 cup of the granulated sugar, the brown sugar, and ½ cup vegetable oil. Beat until combined, scraping sides of bowl as needed. Add eggs, one at a time, beating until combined after each. Beat in melted chocolate and 1½ tsp. of the vanilla.

- 4. Alternately add flour mixture and 1 cup water to mixture, beating on low after each addition just until combined. Stir in chocolate chips. Pour batter into pan, spreading evenly.
- 5. Bake 45 minutes or until a wooden skewer comes out clean. Cool in pan on a wire rack 15 minutes. Remove

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cake from pan; cool completely. For marshmallow meringue: In a large bowl beat the egg whites and cream of tartar with a mixer on medium until soft peaks form (tips curl). In a small heavy saucepan combine the remaining 1/2 cup granulated sugar, the light-color corn syrup, and 1/4 cup water; bring to boiling, swirling pan gently to dissolve sugar. Cook sugar syrup to 240°F (2 to 3 minutes), then immediately remove from heat. With mixer running on medium-low, slowly pour syrup in a steady stream into bowl with egg whites Increase speed to medium-high and beat

7. Once cake is completely cool, top with spoonfuls of marshmallow merinque If desired, use a kitchen torch to lightly toast marshmallow meringue. Serves 12.

4 minutes or until glossy and stiff.

and a pinch of salt

Beat in the remaining 1 tsp. vanilla

PER SERVING 555 cal, 27 g fat (13 g sat fat), 77 mg chol, 383 mg sodium, 74 g carb, 3 g fiber, 53 g sugars, 7 g pro ■

SWEEPSTAKES

HOME SWEEPSTAKES

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natural beauties WORKBOOK

For his nature-inspired projects, David Stark likes to forage, but he also scours flower and farmers markets, nurseries, crafts stores, and online shops for unusual materials. "You are one click away from a virtual nature walk," he says.

3-D PAPER structures

Pictured on cover and pages 72–73 Project time About 45 minutes per structure

What you need

- Templates (Download ours at BHG com/FallPaper.)
- Colored cardstock
- Acrylic paint
- Paintbrushes
- Bone folder
- Glue stick
- Twigs
- Hand pruners
- Hot-glue gun



Using templates, cut out 8 identical shapes from one color of cardstock for each structure.

Paint accents on paper cutouts using acrylic paint diluted with water for a soft watercolor effect. To blend colors, wet the paper first. For striations on honeynut squash, dip tip of dry flat brush into diluted paint and stroke one side of the paper.

Note: For random or allover effects, reverse Steps 1 and 2: Paint sheets of cardstock, then cut out shapes.



When dry, fold each cutout in half, painted side in, and press fold with bone folder. Apply glue stick to half the back of one cutout; align with back of another cutout, then press together. Repeat gluing and pressing cutouts to complete 3-D shape.



Use hand pruners to cut twigs for stems; hot-glue stems to top of structures. Follow the instructions for making and affixing leaves, far right.

ACORNS

Pictured on page 68
No painting is needed.
Cut 8 cap and base
shapes from differentcolor cardstock. Fold
each cutout in half and
press fold with bone
folder. Tape backs of
each cap and base
cutout together with
transparent tape.
Glue, align, and press
together as in Step 3.

mushrooms

Pictured on pages 69 and 73 Project time About an hour per mushroom

What you need

- Templates
- Light-color cardstock
- Bone folder
- Binder clip
- White glue
- Kraft paper
- Paper punches (two sizes)
- 18-gauge wire
- Newspaper
- Hot-glue gun



Using templates, cut out 24 gill shapes from light-color cardstock for each mushroom cap.

Fold each gill cutout in half and press fold with

bone folder. Stack folded pieces and clamp them using a binder clip. Apply white glue along folded edges. Let dry, then remove the clip.



Open folded stack and glue first cutout to last to turn the gills into 3-D mushroom cap shape. Tear kraft paper into triangles; using white glue, cover top of mushroom gills with triangles. Punch cardstock into two sizes of dots; glue dots to caps.



Cut a 6-inch length of wire. Crumple and twist kraft paper or newspaper around wire to form stems. Using hot glue,

affix torn strips of kraft paper around stems. Form curve in stems before glue dries. Hot-glue stems to caps.

LEAVES

Pictured on cover and pages 68-72 Project time About 45 minutes to several hours, depending on quantity What you need

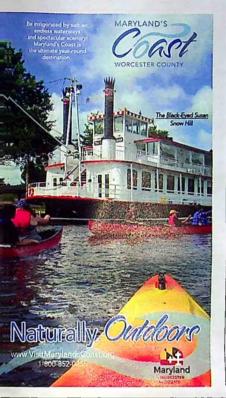
- Acrylic paint
- Paintbrushes
- Golden yellow or green cardstock
- Templates
- Hot-glue gun
- Branches, vines, or twigs for stems
- Florists wire

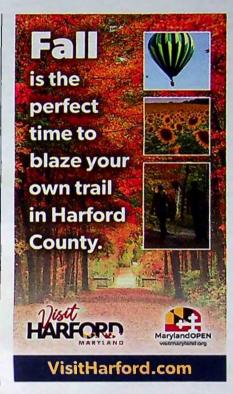
Paint accents on sheets of cardstock using acrylic paint diluted with water for a soft watercolor or spatter effect; let dry.

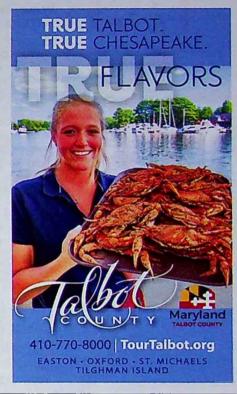
Using templates, cut leaf shapes from painted cardstock. Fold slightly to mimic veins.

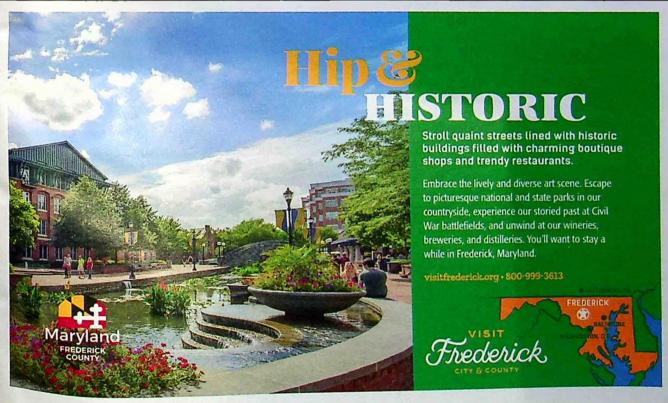
Hot-glue leaves to branches or bare vines, or hot-glue to florists wire, then glue wire to twigs.

BE OPEN FOR A Maryland Getaway









DETTEIN your guide to a happy, healthy life

1:2

Americans skips breakfast.

If you're among them, you may be missing out on key nutrients. New research from The Ohio State University found that those who didn't eat breakfast tended to have lower levels of folate, calcium, iron, and vitamins A, B, and D. They also ate more snacks high in sugar, carbs, and fat. Try to have a simple bite-like yogurt with fruit, a PB&J, or just a banana and glass of milk



October 10 WORLD MENTAL HEALTH DAY

In a given year, one in five people in the U.S. will experience a mental health issue. If you're feeling anxious or depressed, reach out for help. You can find resources at mentalhealth gov and nami.org (National Alliance on Mental Illness). Consider setting up the notOK app to connect you to help ASAP. Or if you feel you're in crisis, call the National Suicide Prevention Lifeline at 800/273-8255.

Use of "buy now, pay later" services like Affirm, Afterpay, Klarna, and Quadpay

INCREASED 215% IN THE FIRST FEW MONTHS OF 2021.

But read the fine print.
Although the services
often promise zero
percent financing,
they can charge hefty
fees for missing a
payment. They also
don't build credit as
do credit cards.



Raise your hand if you can relate! Taking time off is actually important for your well-being, helping to beat burnout and improve mental health. Not ready to travel? Consider a staycation. Book a day at a hotel pool through ResortPass or find a local adventure through Airbnb Experience or Eventbrite.

>>> 59% of people don't wear sunscreen when they're gardening or working in their yards.

As the days cool off, you may be tempted to skip sunscreen, but ultraviolet rays can still damage your skin and raise your risk of developing skin cancer, even when it's cloudy. Apply an SPF 30 (or higher) before heading outside. And remember to reapply every two hours.

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Immune Health:

Excellent source of zinc, vitamin A, and antioxidants*



Muscle Health: 30g of high-quality protein



Heart Health: Plant-based omega-3 ALA



Digestive Health: 4g Comfort Fiber Blends,† with prebiotic fiber



Bone Health: Vitamin D and calcium

Available in 3 delicious flavors: Milk Chocolate, Vanilla, and Strawberry

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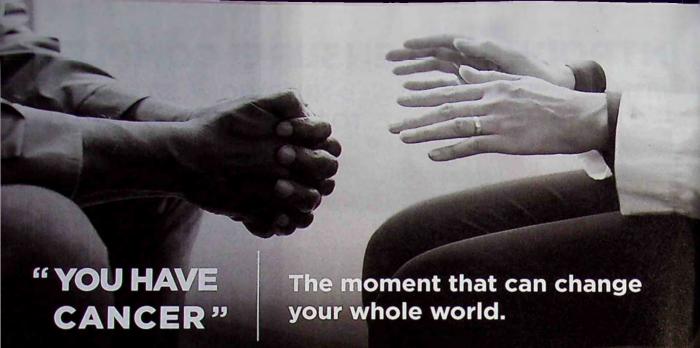
Ensure STRENGTH & STRENGTH & Use as part of a healthy diet.

- Vitamins C and E and selenium.
- † Contains 8g of total fat per 10-fl-oz serving.
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Abbott

life. to the fullest.



One type of cancer KEYTRUDA may treat is a kind of lung cancer called non-small cell lung cancer (NSCLC). It may be used with the chemotherapy medicines pemetrexed and a platinum as your first treatment when your lung cancer has spread (advanced NSCLC) and is a type called "nonsquamous" and your tumor does not have an abnormal "EGFR" or "ALK" gene.

EGFR = epidermal growth factor receptor; ALK = anaplastic lymphoma kinase.

IMPORTANT SAFETY INFORMATION

KEYTRUDA is a prescription medicine that may treat certain cancers by working with your immune system. KEYTRUDA can cause your immune system to attack normal organs and tissues in any area of your body and can affect the way they work. These problems can sometimes become severe or life-threatening and can lead to death. You can have more than one of these problems at the same time. These problems may happen any time during treatment or even after your treatment has ended.

Call or see your health care provider right away if you develop any signs or symptoms of the following problems or if they get worse. These are not all of the signs and symptoms of immune system problems that can happen with KEYTRUDA:

- . Lung problems: cough, shortness of breath, or chest pain.
- Intestinal problems: diarrhea (loose stools) or more frequent bowel movements than usual; stools that are black, tarry, sticky, or have blood or mucus; or severe stomach-area (abdomen) pain or tenderness.
- Liver problems: yellowing of your skin or the whites of your eyes; severe
 nausea or vomiting; pain on the right side of your stomach area (abdomen);
 dark urine (tea colored); or bleeding or bruising more easily than normal.
- Hormone gland problems: headaches that will not go away or unusual headaches; eye sensitivity to light, eye problems; rapid heartbeat; increased sweating; extreme tiredness; weight gain or weight loss; feeling more hungry or thirsty than usual; urinating more often than usual; hair loss; feeling cold; constipation; your voice gets deeper; dizziness or fainting; changes in mood or behavior, such as decreased sex drive, irritability, or forgetfulness.
- Kidney problems: decrease in the amount of your urine; blood in your urine; swelling of your ankles; loss of appetite.

- **Skin problems:** rash, itching; skin blistering or peeling, painful sores or ulcers in your mouth or in your nose, throat, or genital area; fever or flu-like symptoms; swollen lymph nodes.
- Problems can also happen in other organs and tissues. Signs and symptoms of these problems may include: chest pain; irregular heartbeat; shortness of breath; swelling of ankles; confusion; sleepiness; memory problems; changes in mood or behavior; stiff neck; balance problems; tingling or numbness of the arms or legs; double vision; blurry vision; sensitivity to light; eye pain; changes in eyesight; persistent or severe muscle pain or weakness; muscle cramps; low red blood cells; bruising.
- Infusion reactions that can sometimes be severe or lifethreatening. Signs and symptoms of infusion reactions may include chills or shaking, itching or rash, flushing, shortness of breath or wheezing, dizziness, feeling like passing out, fever, and back pain.
- Rejection of a transplanted organ. Your health care provider should tell you what signs and symptoms you should report and they will monitor you, depending on the type of organ transplant that you have had.
- Complications, including graft-versus-host disease (GVHD), in people who have received a bone marrow (stem cell) transplant that uses donor stem cells (allogeneic). These complications can be serious and can lead to death. These complications may happen if you underwent transplantation either before or after being treated with KEYTRUDA. Your health care provider will monitor you for these complications.

Getting medical treatment right away may help keep these problems from becoming more serious. Your health care provider will check you for these problems during treatment with KEYTRUDA. Important Safety Information is continued on the next page.



MAY HELP

how you face it.

KEYTRUDA is a breakthrough immunotherapy.

It's currently FDA-approved to treat 16 different types of advanced cancer and is being studied in hundreds of clinical trials exploring ways to treat even more types of cancer.

KEYTRUDA is not right for everyone.



kevtruda.com

IMPORTANT SAFETY INFORMATION (continued)

They may treat you with corticosteroid or hormone replacement medicines. They may also need to delay or completely stop treatment with KEYTRUDA if you have severe side effects.

Before you receive KEYTRUDA, tell your health care provider if you have immune system problems such as Crohn's disease, ulcerative colitis, or lupus; have had an organ transplant or have had or plan to have a bone marrow (stem cell) transplant that uses donor stem cells (allogeneic); have had radiation treatment in your chest area; have a condition that affects your nervous system, such as myasthenia gravis or Guillain-Barre syndrome.

If you are pregnant or plan to become pregnant, tell your health care provider. KEYTRUDA can harm your unborn baby. If you are able to become pregnant, you will be given a pregnancy test before you start treatment. Use effective birth control during treatment and for at least 4 months after your final dose of KEYTRUDA. Tell them right away if you think you may be pregnant or you become pregnant during treatment with KEYTRUDA.

Tell your health care provider if you are breastfeeding or plan to breastfeed. It is not known if KEYIRUDA passes into your breast milk. Do not breastfeed during treatment with KEYTRUDA and for 4 months after your final dose of KEYTRUDA.

Tell your health care provider about all the medicines you take, including prescription and over-the-counter medicines, vitamins, and herbal supplements.

Common side effects of KEYTRUDA when given with certain chemotherapy medicines include feeling tired or weak; nausea; constipation; diarrhea; decreased appetite; rash; vomiting; cough, trouble breathing; fever; hair loss; inflammation of the nerves that may cause pain, weakness, and paralysis in the arms and legs; swelling of the lining of the mouth, nose, eyes, throat, intestines, or vagina; mouth sores; headache; and weight loss.

These are not all the possible side effects of KEYTRUDA. Talk to your health care provider for medical advice about side effects.

Please read the adjacent Important Information About KEYTRUDA and discuss it with your oncologist.

You are encouraged to report negative side effects of prescription drugs to the FDA. Visit www.fda.gov/medwatch or call 1-800-FDA-1088.

Having trouble paying for your Merck medicine?

Merck may be able to help. www.merckhelps.com

Find out if KEYTRUDA is right for your cancer at keytruda.com.

IT'S TRU. KEYTRUDA (pembrolizumab) Injection 100 mg

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Important Information About KEYTRUDA® (pembrolizumab) injection 100 mg. Please speak with your healthcare professional regarding KEYTRUDA (pronounced key-true-duh). Only your healthcare professional knows the specifics of your condition and how KEYTRUDA may work with your overall treatment plan. If you have any questions about KEYTRUDA, speak with your healthcare professional. RONLY

What is the most important information I should know about KEYTRUDA?

KEYTRUDA is a medicine that may treat certain cancers by working with your immune system, KEYTRUDA can cause your immune system to attack normal organs and tissues in any area of your body and can affect the way they work. These problems can sometimes become severe or life-threatening and can lead to death. You can have more than one of these problems at the same time. These problems may happen anytime during treatment or even after your treatment has ended.

Call or see your healthcare provider right away if you develop any new or worsening signs or symptoms, including: Lung problems

· cough shortness of breath · chest pain

Intestinal problems

- diarrhea (loose stools) or more frequent bowel movements than usual
- · stools that are black, tarry, sticky, or have blood or mucus
- severe stomach-area (abdomen) pain or tenderness

Liver problems

- vellowing of your skin or the whites of your eyes
- severe nausea or vomiting
- pain on the right side of your stomach area (abdomen)
- dark urine (tea colored)
- bleeding or bruising more easily than normal

Hormone gland problems

- headaches that will not go away or unusual headaches
- · eye sensitivity to light
- eve problems
- · rapid heartbeat
- · increased sweating
- extreme tiredness.
- · weight gain or weight loss
- · feeling more hungry or thirsty than usual
- urinating more often than usual
- hair loss
- · feeling cold
- constipation
- · vour voice gets deeper
- dizziness or fainting
- changes in mood or behavior, such as decreased sex drive, irritability, or forgetfulness

Kidney problems

- · decrease in your amount of urine
- swelling of your ankles
- blood in your urine
- loss of appetite

Skin problems

- rash
- itching
- skin blistering or peeling
- · painful sores or ulcers in your mouth or in your nose, throat, or genital area
- fever or flu-like symptoms
- · swollen lymph nodes

Problems can also happen in other organs and tissues. These are not all of the signs and symptoms of immune system problems that can happen with KEYTRUDA. Call or see your healthcare provider right away for any new or worsening signs or symptoms, which may include:

- chest pain, irregular heartbeat, shortness of breath, swelling of ankles
- confusion, sleepiness, memory problems, changes in mood or behavior, stiff neck, balance problems, tingling or numbness of the arms or legs
- double vision, blurry vision, sensitivity to light, eye pain, changes in eyesight
- persistent or severe muscle pain or weakness, muscle cramps
- low red blood cells, bruising

Infusion reactions that can sometimes be severe or life-threatening. Signs and symptoms of infusion reactions may include:

- chills or shaking
- dizziness
- itching or rash
- · feeling like passing out

flushing

- fever
- shortness of breath or wheezing
 back pain

Rejection of a transplanted organ. Your healthcare provider should tell you what signs and symptoms you should report and monitor you, depending on the type of organ transplant that you have had.

Complications, including graft-versus-host-disease (GVHD), in people who have received a bone marrow (stem cell) transplant that uses donor stem cells (allogeneic). These complications can be serious and can lead to death. These

complications may happen if you underwent transplantation either before or after being treated with KEYTRUDA. Your healthcare provider will monitor you for these complications.

Getting medical treatment right away may help keep
these problems from becoming more serious. Your
healthcare provider will check you for these problems during
treatment with KEYTRUDA. Your healthcare provider may treat
you with corticosteroid or hormone replacement medicines. Your
healthcare provider may also need to delay or completely stop
treatment with KEYTRUDA if you have severe side effects.

Before receiving KEYTRUDA, tell your healthcare provider about all of your medical conditions, including if you:

- have immune system problems such as Crohn's disease, ulcerative colitis, or lupus
- · have received an organ transplant
- have received or plan to receive a stem cell transplant that uses donor stem cells (allogeneic)
- have received radiation treatment to your chest area
- have a condition that affects your nervous system, such as myasthenia gravis or Guillain-Barré syndrome
- are pregnant or plan to become pregnant. KEYTRUDA can harm your unborn baby.

Females who are able to become pregnant:

- Your healthcare provider will give you a pregnancy test before you start treatment with KEYTRUDA.
- You should use an effective method of birth control during and for at least 4 months after the final dose of KEYTRUDA. Talk to your healthcare provider about birth control methods that you can use during this time.
- Tell your healthcare provider right away if you think you may be pregnant or if you become pregnant during treatment with KEYTRUDA.
- are breastfeeding or plan to breastfeed. It is not known if KEYTRUDA passes into your breast milk. Do not breastfeed during treatment with KEYTRUDA and for 4 months after your final dose of KEYTRUDA.

Tell your healthcare provider about all the medicines you take, including prescription and over-the-counter medicines, vitamins, and herbal supplements.

How will I receive KEYTRUDA?

- Your healthcare provider will give you KEYTRUDA into your vein through an intravenous (IV) line over 30 minutes.
- In adults, KEYTRUDA is usually given every 3 weeks or 6 weeks depending on the dose of KEYTRUDA that you are receiving.
- In children, KEYTRUDA is usually given every 3 weeks.
- Your healthcare provider will decide how many treatments you need.

- Your healthcare provider will do blood tests to check you for side effects
- If you miss any appointments, call your healthcare provider as soon as possible to reschedule your appointment.

What are the possible side effects of KEYTRUDA?
KEYTRUDA can cause serious side effects. See "What is the most important information I should know about KEYTRUDA?"

Common side effects of KEYTRUDA when used alone include: feeling tired, pain, including pain in muscles, bones or joints and stomach-area (abdominal) pain, decreased appetite, itching, diarrhea, nausea, rash, fever, cough, shortness of breath, and constipation.

Side effects of KEYTRUDA when used alone that are more common in children than in adults include: fever, vomiting, upper respiratory tract infection, headache, and low levels of white blood cells and red blood cells (anemia).

Common side effects of KEYTRUDA when given with certain chemotherapy medicines include: feeling tired or weak, nausea, constipation, diarrhea, decreased appetite, rash, vomiting, cough, trouble breathing, fever, hair loss, inflammation of the nerves that may cause pain, weakness, and paralysis in the arms and legs, swelling of the lining of the mouth, nose, eyes, throat, intestines, or vagina, mouth sores, headache, and weight loss.

Common side effects of KEYTRUDA when given with axitinib include: diarrhea, feeling tired or weak, high blood pressure, liver problems, low levels of thyroid hormone, decreased appetite, blisters or rash on the palms of your hands and soles of your feet, nausea, mouth sores or swelling of the lining of the mouth, nose, eyes, throat, intestines, or vagina, hoarseness, rash, cough, and constipation.

These are not all the possible side effects of KEYTRUDA.

Call your healthcare provider for medical advice about side effects. You may report side effects to FDA at 1-800-FDA-1088.

General information about the safe and effective use of KEYTRUDA

Medicines are sometimes prescribed for purposes other than those listed in a Medication Guide. You can ask your pharmacist or healthcare provider for information about KEYTRUDA that is written for health professionals.

Based on Medication Guide usmg-mk3475-iv-2105r039 as revised May 2021.

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better/heatth

[BREAST CANCER] ASSESS YOUT YOUT YOUT

We hear so much about breast cancer, but we might not know how to gauge and address our chances of developing the disease.

Here's what you need to know about the most common risk factors.

11, 2020, 1 went for my annual breast screening, anticipating the usual clean bill of health. My mammogram was fine, but the ultrasoundanother test my doctor orders for me since I have dense breasts. which is a risk factorcaught a suspicious dot, which turned out to be cancer. Thankfully, it was caught early

On February

What surprised me in talking to my friends was none of them had ever had an ultrasound or even knew if they had dense breasts.

and contained, and

I'm now cancer-free.

Given that about
1 in 8 women will
develop breast cancer,
it's imperative that
we go to our doctors
armed with questions
to get the information
we need to
help prevent or, as
in my case, catch
breast cancer in its
early stages.

understanding the factors

▶ What is my risk of breast cancer?

Simply having risk factors doesn't mean you'll develop breast cancer; however, you need to know how much each risk factor impacts you. Here are the top two to discuss with your doctor.

Age Breast cancer risk begins to rise at age 40 and increases with age, says Richard W. Reitherman, M.D., Ph.D., director of breast imaging at MemorialCare Breast Center at Orange Coast Medical Center in Fountain Valley, CA.

Family history

Having a first-degree relative (sister, mother, daughter) or two or more first- or second-degree relatives (aunt, grandmother) diagnosed raises your risk, and more so if the relative developed breast cancer at

45 or younger.

A family history of ovarian cancer also increases the chances you might be carrying the BRCA gene, which ups your breast cancer risk.

improving your odds

➤ Lifestyle habits make a difference Experts say to focus on these three

Eat healthy "Obesity [a BMI over 25] is the single greatest

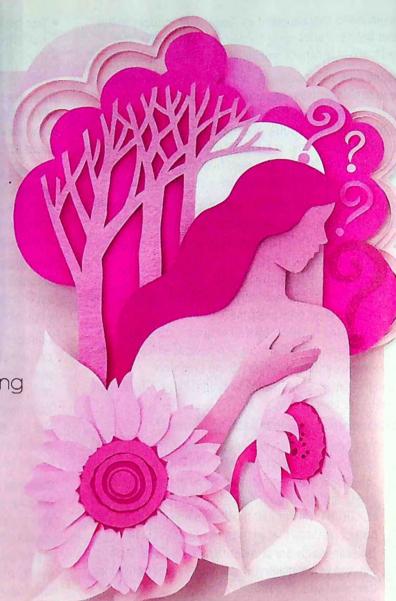
V

genetic link

If you have multiple family members who have had breast or ovarian cancer, talk to your doctor about genetic counseling and getting tested for BRCA gene mutations.

modifiable lifestyle risk for breast cancer," Reitherman says. More body fat ups estrogen levels, which can lead to cancer. A healthy diet includes plenty of fruits and veggies, whole grains and other sources of fiber like beans, and foods with "good" fat like avocados and nuts.

Exercise Aim for at least 30 minutes five days a week of vigorous exercise where you get



POWERED BY THE MAKERS OF NyQuil

WHEN YOU REALLY REALLY NEED TO SLEEP.



STAY ASLEEP LONGER*

*VS. CONTROL - CLINICAL DATA ON FILE WITH FDA IN SUPPORT OF NDA, READ EACH LABEL. USE AS DIRECTED. KEEP OUT OF REACH OF CHILDREN

sweaty—brisk walking, jogging, biking, swimming. This helps you stay at a healthy weight and can lower circulating estrogen levels.

Limit alcohol

Alcohol impacts how your body metabolizes estrogen, and drinking too much can cause higher concentrations of the hormone, which can lead to breast cancer. Experts say one drink a day is the limit for women.

getting screenings

► When should I start mammograms?

Experts advise starting at 40. But if you have certain risk factors, your doctor may want to begin earlier. For example, if you have a firstdegree relative who's been diagnosed with breast or ovarian cancer, the quideline is to have a mammogram when you're at least 10 years younger than the age the relative was when diagnosed if possible. says Lily Y. Zou, M.D., a board-certified

radiologist at Rolling Oaks Radiology in Thousand Oaks, CA. But no earlier than age 25 and no later than age 40.

► Any other tests I should get?

If you have dense breasts (ask at your first mammogram), talk to your doctor about a 3-D mammogram and an ultrasound, says Sara Fogarty, D.O.,



testing, testing

The American Breast Cancer Foundation's Breast Cancer Assistance Program offers screenings to the uninsured and underserved. For more information, check the website at abcf.org. FACS, director, Sandra & Malcolm Berman Comprehensive Breast Care Center at Greater Baltimore Medical Center.

▶ How often should

I do self-exams? Experts advise doing them monthly—the week after your period or anytime if you're postmenopausal. "Women get anxlous about whether they're doing it right," Fogarty says. "The important part is to be aware of what your breasts look and feel like so if there are changes—lumps, redness, changes in texture of the breast skin, discharge from a nipple—you can call and say, 'This isn't normal for me,' so we can investigate."

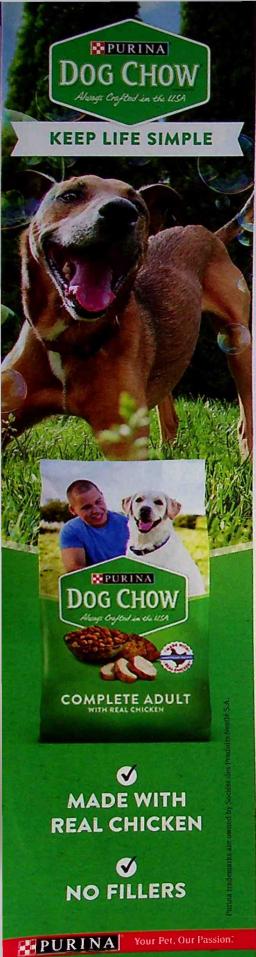


is hormone treatment a risk factor?

Recent studies cite that taking hormone replacement therapy (HRT) to treat menopausal symptoms for more than five years may increase your odds for developing breast cancer. Talk to your doctor about the risks and benefits of HRT for you, Reitherman says. Consider questions like: How disruptive or uncomfortable are my symptoms? Are there other treatments I can try first?



Only the science we support now will be there for us tomorrow. Donate at BCRF.org





1 Dogs slide compartments to find treats. SmartyPaws Puzzler Donut Slider, \$16, zippypaws.com

2 With crinkly arms and a hidden squeaky ball, it's both a chew and fetch toy. Odd Ollie the Octopus, \$14; barkshop.com

3 The Bolt Bite has a reinforced center to stand up to puppies

and grown dogs alike. \$13; wildone.com

4 The Frisco Cactus Scratching Post satisfies your cat's instincts to paw, scratch, and climb. \$17; chewy.com

5 An unpredictable bounce keeps dogs on their toes to fetch treats. Boots & Barkley Geo Rubber Ball in Cage, \$8; target.com

6 Petstages Tower

of Tracks has three embedded balls for cats to chase, swat, and catch. \$25; petstages.com

7 Push, slide, and tug to reveal hidden food. Trlxie Cat Activity Feeder (Brain Mover), \$24; amazon.com

8 Cats use stalk-andpounce instincts to battle this catnip-infused treat dispenser. Kong Gyro Cat Toy, \$8; petco.com

toy story

Three important reasons to put playtime on your pet's schedule.

BRAIN

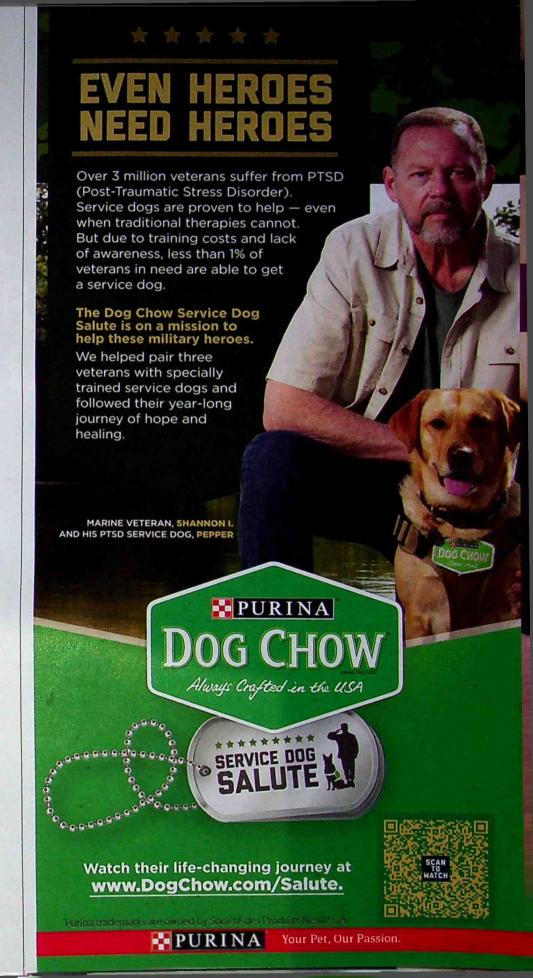
As with humans, activating and challenging your animal's mind with puzzle toys maintain the plasticity of their brain and help them stay mentally sharp as they age, explains Amelia Wieber, founder of Caring Behavior.

WELL-BEING

An active pet is a happy pet, for your pet's emotional health, it is imperative to keep their environment enriching and interesting.

PREVENTION OF PROBLEM BEHAVIORS

Dogs and cats need to stay busy to ward off boredom and help prevent issues like digging up the yard, chewing and scratching the furniture, climbing on shelves, or barking excessively.



661 always have leftover flowers and greens, so I keep a supply of inexpensive water glasses on hand for make-and-drop-off bouquets. 99



arranging tips

Christina hosts weekly lessons on Instagram (@farmgirlflowers). One of her best tricks for cohesive but interesting bouquets is to stick to two colors—magenta and gold, for example—and vary the shades of those two hues. "I love autumn's saturated jewel tones."

diy cut-flower preservative

"Those packets included with arrangements are basically citric acid, sugar, and bleach. Plants produce sugar during photosynthesis, but when they're cut, their food lines are cut as well. The packets bolster buds and keep bacteria at bay." Christina makes hers by adding 1 tsp. each lemon juice and sugar, and 3 drops bleach to 1 liter of water.



ways to give back
to the community. Last
spring we partnered
with Levi's and offered
bouquets wrapped
in a piece of their classic
denim. Ten dollars
from each sale supported
The Trevor Project, a suicide
prevention organization
for LGBTQ+ people
under 25." For bouquets that
give back, look for
the "With Heart" logo at
farmgirlflowers.com.



staying creative

"To recharge my creativity, It's important to carve out time and space away from the office and spreadsheets. I get some of my best brainstorms on my Peloton exercise bike. I keep a whiteboard next to the bike and jot down Ideas during workouts."



RETHINKING TRADITIONAL FLOWER DELIVERY WITH ARRANGEMENTS THAT ARE RESPONSIBLY SOURCED, SIMPLE, AND SPECTACULAR.

Frustrated by the uninspired options for sending flowers, Christina launched Farmgirl Flowers. Ten years later her seasonal, burlap-wrapped bouquets are still best sellers. The entrepreneur shares her favorite tips and advice.



if i were a plant ...

"I'd be a protea (aka sugarbush). They can take the heat and are resilient and different looking—they're not your average plant."

The best bouquets look like they were just picked from the garden, and they feel good when you got and give them.

Silhouette

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COMFORT & PROTECTION, Silhouette **GUARANTEED**

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